

# PREVENT DIABETES



**Get Moving**



**Eat Smart**



**Get Screened**

The Childhood Obesity/Diabetes Prevention Task Force of Stanislaus County was formed in response to the growing number of children in Stanislaus County screened in a pilot project for signs of insulin resistance, which can be an indicator of pre-diabetes or diabetes; acanthosis nigricans (AN) is a darker, rougher, discoloration of the skin around the neck. Children identified as having AN were asked to participate in a free diabetes screening. In two years the number of children with signs of insulin resistance increased by 50%. Of those, 39.7% were found to have pre-diabetes and 3% were found to have a fasting blood glucose level over 126mg/dl indicating diabetes.

## Mission Statement:

To reduce obesity and diabetes in children in Stanislaus County, through awareness, education, screening, treatment and research.

Our goals for 2009-10 : (1)To increase awareness of the relationship between obesity and diabetes,(2) Educate healthcare providers to screen children early for type 2 diabetes and (3) promote healthier lifestyles for children and their families.

The task force has developed a county-wide awareness campaign; “**Prevent Diabetes... Get Moving Eat Smart and Get Screened**”, in both English and Spanish. The campaign will educate the healthcare community, schools and families regarding the diabetes epidemic affecting our children. In addition, we will conduct free diabetes screenings at school and community sites. This campaign kicked off in September with a health care provider and community symposium. All Stanislaus County fifth graders will receive the diabetes prevention activity folder. Diabetes prevention education and screenings will take place in the schools and community sites.

## Childhood Obesity/Diabetes Prevention Task Force Members:

Anthem Blue Cross  
Children’s Hospital Oakland  
DMC Foundation  
Doctors Medical Center  
Emanuel Medical Center  
Golden Valley Health Centers  
Hughson Family Resource Center  
Memorial Medical Center  
Modesto City Schools  
Stanislaus County Health Services Agency/Public Health  
Stanislaus County Office of Education  
Sutter Gould Medical Foundation

For more information contact DMC Foundation @209-527-3412