

Free Diabetes Screenings for Palm Beach County Residents

Palm Healthcare Foundation and the Diabetes Coalition of Palm Beach County are partnering with a number of community health organizations to support a nationwide Diabetes Month Screening Initiative. Together, they will provide free diabetes risk assessments and screenings across Palm Beach County starting in November and continuing through the end of the year.

Approximately 119,000 Palm Beach County residents have been diagnosed with diabetes, 48,000 have pre-diabetes and many more people are unaware that they have diabetes.

This year, the goal of this campaign is to implement the Coalition's new Diabetes Risk Assessment Screening tool which has been expanded to include additional health biomarkers, and also to provide free A1c tests, which is the "gold standard" for



testing blood glucose. The A1c test gives a person's average glucose level over a 3-month period of time. Combined with the new diabetes risk assessment, participants will have a more accurate reading and pre-diabetes risk score. This enhanced indicator is useful to health care providers in following-up with patients, and developing treatment plans. The Diabetes Coalition also educates individuals about their risk for diabetes, and links them to community resources. All screening events are free and open to the public.

The Diabetes Coalition was launched by Palm Healthcare Foundation in 2010 when a panel of local health leaders concerned about the increasing prevalence of diabetes decided that there was a need for more work in the area of diabetes prevention and management in Palm Beach County. Palm Healthcare Foundation continues to fund the important work of the Coalition to this day.

The premiere event will take place on Saturday, November 11th (Diabetes Awareness Day) from 11:00 a.m. to 3:00 p.m. at Palm Beach Outlets. Free diabetes risk assessments and glucose screenings will be available. Activities will include healthy cooking demonstrations, ZUMBA, face painting, goody bags with diabetes information and a Palm Beach Outlet coupon book for all who get screened, as well as free raffles for gift baskets and certificates.

In addition to Palm Healthcare Foundation, major sponsors of Diabetes Month activities are Tenet Health's Palm Beach County hospitals: Delray Medical Center, Good Samaritan Medical Center, Palm Beach Gardens Medical Center, St. Mary's Medical Center, Palm Beach Children's Hospital and West Boca Medical Center; Florida Blue and Palm Beach Outlets. IKEA is primary sponsor for the children's corner and Healthy and Ready to Thrive, the Coalition's children and family initiative. The Breakers Palm Beach is a sponsor, as well.

For a full list of screening locations, visit diabetescoalitionpbc.org.