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FOR IMMEDIATE RELEASE

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WESTCHESTER COUNTY TO SUPPORT THE DIABETES WALK

An enthusiastic team of Westchester County employees will be among the participants at the American Diabetes Association's annual America's Walk for Diabetes in downtown White Plains on October 22. The sponsored walk will raise money for diabetes research and education, while promoting public awareness of the role of exercise and healthy diet in preventing diabetes.

Check-in for the event will open at 8:30 a.m. and the walk will begin at 10:00 a.m. following brief remarks by Joshua Lipsman, M.D., J.D., M.P.H., Commissioner of Health for Westchester County. The walk will start and finish at the corner of Court and Main Streets in White Plains.

"Diabetes is the sixth leading cause of death in Westchester and in many cases it is preventable," said Dr. Lipsman. "Making the effort to eat right and engage in physical activity every day can offer great protection against diabetes and other life-threatening chronic illnesses." Dr. Lipsman also will be participating in the walk.

Every 21 Seconds in the United States, someone is diagnosed with diabetes. The disease affects an estimated 20 million American adults and children, or approximately 7% of the population. Approximately one third of those people are unaware that they have the disease. Without adequate treatment, diabetes can lead to blindness, kidney disease and leg amputations.

Diabetes is a disease in which the body does not produce or properly use insulin - a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes is uncertain but genetics appear to play a role, together with more controllable factors such as obesity and physical inactivity.

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Last year, more than 116,000 walkers nationwide participated in the ADA’s America’s Walk for Diabetes, which raised over \$20 million. Funds raised go to support diabetes research, advocacy and education. Walk events throughout the country are also intended to raise the general public’s knowledge about the ways in which exercise and a healthy diet contribute to the prevention of diabetes.

For more information, please call the Westchester County Health Department at (914) 813-5000 or visit the Health Department website at www.westchestergov.com.