



Dirksen Parkway Office

2501 North Dirksen Parkway
Springfield, Illinois 62702

• *Administrative Office:*
Phone: (217) 535-3100
Fax: (217) 535-3104

• *Environmental Health:*
Phone: (217) 535-3101
Fax: (217) 535-3104

• *Clinic/Personal Health Services:*
Phone: (217) 535-3102
Fax: (217) 535-4155

Jefferson Street Office

1415 East Jefferson Street
Springfield, Illinois 62703

Phone: (217) 789-2182
Fax: (217) 789-2203

Chatham Road Office

3130 Chatham Road, Suite B
Springfield, Illinois 62704

• *Child & Family Connections*
Phone: (217) 793-3990
Fax: (217) 793-3991
Toll-free: 1-888-217-3505

• *Healthy Families Illinois*
Phone: (217) 793-3990
Fax: (217) 793-3991

Animal Control Center

2100 Shale Road
Springfield, Illinois 62703

Phone: (217) 535-3065
Fax: (217) 535-3067

****NEWS RELEASE****

April 6, 2009

**County Public Health Department to host
Diabetic Support Group**

The Sangamon County Department of Public Health, in conjunction with the Illinois Department of Public Health Diabetes Prevention and Control Program, will be starting a Diabetic Support group. This support group has been organized as a result of requests from diabetic clients who are served by the Sangamon County Department of Public Health.

"Diabetes is on the rise due to our sedentary lifestyles; everyone should know the risks," said Diana Wade, Registered Nurse, and Coordinator for the Genetics and Diabetes Programs for the Sangamon County Department of Public Health. According to the American Diabetes Association, there were 1.6 million new cases of diabetes reported in 2007. Illinois has documented an increase in diabetes among all adults from 5.5% in 1994 to 8.4% in 2007, reports the Centers for Disease Control in Atlanta, Georgia.

The SCDPH Diabetes Support group will be made up of clients who have been diagnosed with Metabolic Syndrome or Diabetes, or anyone who has questions or concerns about their own risks. The group will meet the first Tuesday of every other month, starting on April 7th. Meetings will be held at the Department's Jefferson Street facility from 4:30 p.m. until 5:30 p.m. Members will introduce themselves and discuss their personal struggles and successes with diabetes. Clients will benefit from peer support and have opportunities to exchange ideas. Recipe pages and sample diets will be available to clients, as well as Diabetic Product sampling and discussion. Topics for future meetings will be group-defined. Guest speakers and demonstrations will also be part of the support group agenda in the meetings to come.

Meeting dates for 2009 are April 7th, June 2nd, August 4th, October 6th, and December 1st. Interested citizens are encouraged to attend. Questions regarding the support group can be directed to Diana Wade, R.N., at 535-3100.