

**SUFFOLK COUNTY  
DEPARTMENT OF HEALTH SERVICES**



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SUFFOLK COUNTY EXECUTIVE

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COMMISSIONER

**NEWS RELEASE**

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**Bellone, Gregory, Martinez Invite Individuals with Diabetes to Attend Free Self-Management Program**

The Suffolk County Executive Steve Bellone, Presiding Officer DuWayne Gregory and Legislator Monica R. Martinez invite residents who have diabetes to attend a free program that will enable them to manage their diabetes. The program, conducted by the Department of Health Services in collaboration with Cornell University Cooperative Extension of Suffolk County, comprises four classes that cover suggestions for keeping blood sugar in target range, choosing a healthful meal plan and balancing food, exercise and medications. The Brentwood program will be conducted in Spanish only.

“These classes arm participants with the knowledge and skills they need to properly manage their diabetes and enable them to enjoy an improved quality of life,” said Bellone.

According to the National Diabetes Statistics Report, 2014, 21 million people in the U.S. have been diagnosed with diabetes and another 8.1 people, nearly 28 percent the U.S. population, are undiagnosed. Diabetes is the most rapidly growing chronic disease of our time, affecting one out of every 12 adults in New York. It is the leading cause of new blindness, kidney disease and amputation and contributes greatly to heart disease and stroke. Minority populations are at high risk, especially those who are African American, Latino, Native American and Asian American.

“Diabetes causes more deaths a year than cancer and AIDS combined,” said Legislator Gregory. “I encourage my constituents who have diabetes to take the necessary steps to keep their blood sugar under control and thereby avoid the serious health conditions which can accompany this disease.”

“Diabetes is an urgent health problem in the Latino community,” said Legislator Monica R. Martinez. “The rate of diabetes among Latinos is almost double those of non-Latinos. This course will afford our residents with the opportunity to gain information that can help them prevent or delay the onset of complications.”

Health Commissioner James Tomarken, MD, MPH, MBA, MSW, said, “Small changes in lifestyle can result in significant health benefits. This course can help those with diabetes to make those small changes and enable them to improve their overall health and well-being.”

**Brentwood (Classes are in Spanish only)**

Wednesdays, September 9, 10, 16 and 17 from 1:30 p.m. – 3:30 p.m.  
St. Anne Roman Catholic Church  
88 Second Ave., Brentwood, NY 11717  
Contact: Gladys Lopez, 631-854-0223  
Register early, as class size is limited.

**Amityville**

Tuesdays, September 9, 16, 23, and 30 from 5:00 p.m. – 7:00 p.m.  
HRHCare Maxine S. Postal Tri-Community Health Center  
1080 Sunrise Highway, Amityville, NY  
Contact: Anastasia Loper, 631-727-7850 ext. 340 or ab198@cornell.edu  
Register early, as class size is limited

Additional diabetes self-management sessions will be offered in coming weeks.