



For Immediate Release

**Community collaboration forms D.I.C.E to combat diabetes  
HMH, SHSU, Agri-Life's new program hosts FREE Diabetes Health Fair**

**HUNTSVILLE, TEXAS (March 20, 2009)** – Huntsville Memorial Hospital (HMH) in conjunction with Sam Houston State University and Agri-Life Extension Agency have partnered together to form D.I.C.E. – Diabetes Intervention and Community Education – and D.I.C.E. is holding its first Diabetes Health Fair from 9 a.m.-2 p.m. at West Hill Mall on Saturday, March 28.

According to the [Center for Disease Control Web site](#), seven percent of Walker County residents have diabetes, close to ten percent of Texans have diabetes and 23.6 million people or close to eight percent of Americans have the disease. The numbers continue to grow and D.I.C.E. wants to help the community make better choices and avoid the life-threatening disease.

“Diabetes is a growing epidemic that is affecting the health and well-being of our entire community,” said Sally Nelson, HMH CEO. “We hope this new, collaborative program will help inform everyone in our community on proper diet and exercise tips and not ‘roll the dice’ on their health.”

Health fair attendees will enjoy visiting a variety of vendors and participating in free assessments and screenings that include body mass index, cholesterol, lipid panel, blood pressure, height, weight and blood sugar levels. D.I.C.E will also kick off the “Walk Across Texas” challenge, a program created by the Texas AgriLife Extension Service in 1996 to help individuals establish the habit of regular physical activity. From border to border, individuals or teams, can walk 830 miles across the state, seeing their progress across the state on-line at [www.walkacrosstexas.tamu.edu](http://www.walkacrosstexas.tamu.edu) or on a Texas road map.

“We hope this is the first of many efforts to come together as a community and help educate and fight against diabetes,” said Dr. David Ficklen, internal medicine practitioner at HMH.

The schedule for this FREE event is as follows:

- ❖ 9 a.m. Overview/Basics of Diabetes
- ❖ 10 a.m. Pharmacist Presentation
- ❖ 11 am. Exercise Presentation
- ❖ 12-2 p.m. Cooking Classes
- ❖ 2-3 p.m. “Walk Across Texas” Kick-off

This event is part of Huntsville Memorial's ongoing commitment to the community to provide the latest information on health issues with a practical, caring approach. It is HMMH's goal to better inform individuals on how to lead healthier lifestyles. For more information about the event, contact Karen Bilsing at 936-291-4599 or via e-mail at [Karen.bilsing@hmmh.cc](mailto:Karen.bilsing@hmmh.cc).

###

**About Huntsville Memorial Hospital**

*Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home.*

**Media Contact**

Karen Bilsing

Director of Marketing, Wellness, and Volunteers

Huntsville Memorial Hospital: an affiliate of Memorial Hermann Healthcare System

[Karen.Bilsing@huntsvillememorial.com](mailto:Karen.Bilsing@huntsvillememorial.com)

936/291-4599