

FOR IMMEDIATE RELEASE

Local Organizations Join LavaKids Family Fun Runs to Celebrate Diabetes Awareness Month on Saturday, November 18

November is Diabetes Awareness Month and LavaKids along with Club Rehab and Lavaman is pleased to announce a joint venture with PATH (Peoples Advocacy Trails Hawaii), Hawai'i Public Health Institute (HIPHI) – Hawai'i Island Healthy Eating Active Living (HI HEAL) and other community organizations on Saturday, November 18 to raise diabetes prevention awareness and celebrate the new trail wayfinding/mileage markers on the Queens' Lei Trail.

Registration for the LavaKids Family Fun Runs begins at 7 AM at the West Hawai'i Civic Center. (Look for the Lavaman flags.) Guest speakers will follow at 7:30 AM. The Keiki 100 Yard Dash kicks off the Fun Runs at 7:45 with 1 mile, 2 mile and 5K run/walks immediately following on the Queens' Lei Trail. This event is free and open to all ages with a purpose of promoting a healthy and active lifestyle for the whole family through running or walking.

West Hawai'i offers many opportunities for getting out and being active. This community collaborative event will highlight the many organizations and places Kailua Kona has to offer people who want to be active and help reduce their risk for type 2 diabetes.

According to the Centers for Disease Control and Prevention (CDC) having **prediabetes** means your blood glucose (sugar) levels are higher than normal, but not high enough to be diagnosed as diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes – the most common form of diabetes. If you have prediabetes, you have the opportunity to do something NOW to prevent the real deal. For example, losing a small amount of weight (if you're overweight) and getting regular physical activity can lower your risk for developing type 2 diabetes.

Here in Hawai'i, it is estimated that one in every two adults has prediabetes or type 2 diabetes, and many have not been diagnosed. To learn your risk for diabetes take the Diabetes Risk Test at PreventDiabetesHawaii.com and share the results with your doctor or health care provider. If you have prediabetes, get involved with a Diabetes Prevention Lifestyle Change program now through the West Hawai'i Community Health Center.

This event would not be possible without the partnership and dedication of LavaKids, Club Rehab, PATH, Hawai'i Public Health Institute (HIPHI) Hawai'i Island Healthy + Eating Active Living (HI HEAL) partnership, West Hawai'i Community Health Center, Island Heart Care, Hawai'i Department of Health, County of Hawai'i, Blue Zone's Project West Hawai'i, Lavaman and BioAstin.

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JOIN US IN CELEBRATING DIABETES AWARENESS MONTH!



with Lavaman and Club Rehab

and in partnership with PATH and other community organizations

presents

FAMILY FUN RUNS

Saturday, November 18th



What? **FREE Fun runs** for the whole family designed to inspire you to live an active and healthy lifestyle. Learn about nutrition, staying motivated, stretching and ways to live an active lifestyle and to prevent diabetes.

When? **Saturday, November 18th**

- 7:00 am Registration, Guest Speakers and Warm-Up
- 7:45 am Keiki 100 Yard Dash & Activities (ages 4-7)
- 7:55 am Start 1 Mile Run/Walk, 2 Mile Run/Walk and 5K Run/Walk



Where? **Ane Keohokalole Highway, Queens' Lei Trail**

Meet at the LavaKids and Club Rehab tents in the upper parking lot of the West Hawai'i Civic Center.

PREVENT | Diabetes
HAWAII

Pre-register at lavakids.org and get an entry into the raffle for PRIZES!!
Questions? Email eventinfo@lavakids.org or visit our website at lavakids.org

