

WAUKEGAN PARK DISTRICT

PRESS RELEASE

MLB HALL OF FAMER LOU BROCK HELPING LAKE COUNTY TO FIGHT DIABETES

Field House & Vista Health System to Sponsor Health Fair Proceeds to Benefit American Diabetes Association (ADA)

WAUKEGAN, IL – (August 28, 2014) Diabetes is an expensive, complex and devastating disease that poses a major public health problem and is a financial burden on the State of Illinois. In fact, according to the Centers for Disease Control and Prevention, in 2010, 823,000 (8.4%)¹ of Illinois' adults suffered from diabetes, costing an estimated annual \$7.26 billion in total healthcare costs in 2007.² The numbers are just as staggering in Lake County where diabetes is the 7th leading cause of death.³ That's why The Field House Sports & Fitness Center, Vista Health System and the American Diabetes Association (ADA) are teaming up with Lou Brock to raise awareness and educate the community on diabetes management and prevention.

On Saturday, September 13, a Health Fair will be held at the Field House Sports & Fitness Center at Hinkston Park, 800 Baldwin, Waukegan, from 10:00 a.m. until 2 p.m. The event is free of charge and will include activities for all ages. Former Chicago Cub and Hall of Famer, Lou Brock, will share his battle with diabetes and sign autographs. The facility will provide free healthy cooking and fitness classes, including Zumba and Senior Fit, as well as a weight lifting competition. "Research has shown time and again that fitness education leads to

improved health outcomes. The Field House is an affordable place for the community to get and stay healthy for life, so it's the perfect place to host this event," said Sam Stevens, Fitness and Aquatics Supervisor.

Area physicians and health care providers will conduct free health screenings and provide diabetes education in both English and Spanish. The hope is that with an emphasis on education health equality can be achieved throughout Lake County. "Our county is interesting in that the health disparities vary from zip code to zip code. I have been a doctor in the area for over 15 years and I have always wanted to help bridge the gap. I am thrilled to support this event for a great community and a great cause," said Xavier Parreno, MD.

All proceeds from the event will be donated to the American diabetes Association and will primarily come from area vendors participating in the fair and prize drawings. Prizes include gift cards for local businesses, home gym equipment and Chicago baseball tickets. The complete list of events includes:

- Presentation from Lou Brock at 10:30am, Followed by Autographs
- Free Blood Sugar, Blood Pressure and Cholesterol Screenings
- Diabetes Education (English & Spanish)
- Free Fitness Classes
- Healthy Cooking Demonstrations
- Prize Drawings
- Balloon Making & Face Painting
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Major sponsors, vendors & volunteers include: The Field House, Novo Nordisk, Mariano's, Vista Health System, El Clinica Divino Nino, American Home Care, Accelerated Physical Therapy, Lake County Health Department, Vital Rx Pharmacy.

About the Waukegan Park District

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Established on December 26, 1916, the district has 47 properties and 720 acres of land, including the 18-hole Bonnie Brook and 9-hole Greenshire Golf Courses. Properties are managed to the highest environmental and conservation standards. Facilities operated by the district include the Field House Sports and Fitness Center, the Jack Benny Center for the Arts, the Waukegan SportsPark, the Waukegan Skate Park, the Waukegan BMX Track, recreational centers, an outdoor swimming pool, disc golf course, dog exercise area, outdoor sports fields, picnic areas, playgrounds, and sports courts including basketball and tennis. A full range of programs and services are offered year round for all ages, from infants to seniors as well as special needs populations. Healthy lifestyles, wellness initiatives, and a connection with the outdoors and nature are integrated throughout programs, services, and special events. Cultural events are provided by the Waukegan Symphony Orchestra and Concert Chorus, the Bowen Park Theatre Company, and the Waukegan History Museum. There is something for everyone! The award-winning District employs 59 full-time and over 250 part-time, year round, seasonal, and temporary employees. The District is a member of the National Recreation and Park Association (NRPA), Illinois Association of Park Districts (IAPD), and Illinois Park and Recreation Association (IPRA). The district maintains national accreditation from the NRPA Commission for Accreditation of Park and Recreation Agencies (CAPRA), the Illinois Association of Park Districts' (IAPD) Distinguished Agency accreditation and the Park District Risk Management Agency (PDRMA) accreditation and sustains a Level A Loss Control Program. The district was a NRPA Gold Medal Finalist in 2012 and 2013, and awarded the NRPA National Gold Medal Award for Excellence in Park and Recreation Management in 2013.

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1. Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://apps.nccd.cdc.gov/DDTSTRS/default.aspx>. Accessed April 26, 2012. 2. American Diabetes Association. The Estimated Prevalence and Cost of Diabetes in Illinois. <http://www.diabetesarchive.net/advocacy-and-legalresources/cost-of-diabetes-results.jsp?state=Illinois&district=0&DistName=Illinois+%28Entire+State%29>. Accessed April 20, 2012. 3. Source: IDPH Vital Statistics (2003-2007); US Census American Community Survey (2005).