

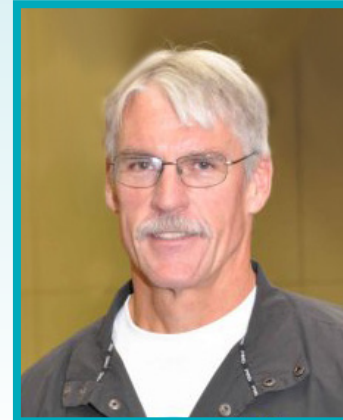
2009 Community Report

HDC
HUMPHREYS
DIABETES CENTER



Learning about insulin shots at Sweet Kids Day Camp 2009

Steve Sosnowski lost 158 pounds (38% of his bodyweight), improved his health, and won one of six prizes in the first Treasure Valley Weight Loss Challenge.



FY09 Numbers

- 4,553 Patients with diabetes and pre-diabetes received education and training
- 5,786 Community members attended health fairs and prevention programs
- 310 School staff and children attended in-service programs
- 554 Physicians/Clinicians referred patients to HDC
- 555 Health Care Providers attended HDC professional education programs

Education and Research For Long, Healthy Lives

Boise Office -1226 River Street
Meridian Office – 520 S. Eagle Rd. Ste 1229
Nampa Office – 4400 E. Flamingo
208-331-1155
www.hdiabetescenter.org

Diabetes and Prevention Services Grow

New Weight Loss Challenge – More than 460 local people participated in the first \$10,000 *Treasure Valley Weight Loss Challenge*, a health promotion and diabetes prevention event benefitting Humphreys.

Boise Meridian Nampa – Humphreys maintained all core classes and services 5 days a week in both Meridian and Boise. The Nampa site expanded to two days a week.

Research – Humphreys continues to offer free testing to family members of people with type 1 diabetes as part of the international TrialNet study for the National Institutes of Health. The research department also participated in 5 clinical trials to prevent, treat and cure diabetes.

Hospital Services – HDC provided diabetes education and services to 1,017 inpatients at St. Luke's, Saint Alphonsus, Elk's, and Intermountain hospitals in Boise and Meridian.

Behavioral Health Services – Licensed Psychologist Dr. Amy Walters, PhD, expanded services to help patients develop healthy coping and self-management skills that promote living well with diabetes.

Diversity and Special Needs – Educators provided 1,692 “Special Needs” visits, with patients who are blind, hearing impaired, mentally impaired, low-literacy or who needed an interpreter.

Childhood Obesity and Diabetes Prevention – Presented “Healthy Food & Fun” activities and nutrition lessons for 1,209 children and “Healthy Living”/Health Fair programs for 4,577 adults.

Special thanks to all our contributors and supporters who make HDC programs and services possible.