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AMERICAN DIABETES ASSOCIATION TEAMS UP TO SPREAD AWARENESS THROUGH KENTUCKY FOOD BANKS DURING AMERICAN DIABETES MONTH

Lexington, KY (October 26, 2018) — The American Diabetes Association is teaming up with The Kentucky Association of Food Banks and Passport Health Plan to put important information in the hands of thousands of Kentuckians to help prevent and manage type 2 diabetes. The collaboration will take place throughout November and American Diabetes Month. Our goal is to educate shoppers about the importance of healthful food choices and knowing their risk for diabetes.

“At Passport Health Plan, our mission is to improve the health and quality of life of our members. This means helping Kentuckians get in to see their doctors, as well as helping them learn how to eat better and get more exercise,” said Lisa Bellafato, Health Education Manager at Passport Health Plan. “But we’re also working on improving overall access to healthy food, which is why we’re proud to partner with the American Diabetes Association and Kentucky Association of Food Banks on this program that will help people live healthier, happier lives.”

Approximately 567,000 people in Kentucky are living with diabetes. Of these, an estimated 108,000 have diabetes and don’t know it, greatly increasing their health risk. In addition, more than a million people in

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Kentucky have prediabetes, a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed with diabetes. Working with the food bank system in Kentucky is a natural fit as it serves thousands of Kentucky residents, many of whom may not otherwise have access to this important information.

"41% of households served by a food bank in Kentucky have at least one member with diabetes", says Tamara Sandberg, Executive Director of Kentucky Association of Food Banks. "Managing a chronic disease like diabetes is complex and made even more challenging by food insecurity. We are grateful to be partnering with the American Diabetes Association and Passport Health Plan to provide nutrition information and diabetes education to the families we serve."

This joint effort will start on November 1 and run through the month. Educational flyers will be distributed throughout November that focus on diabetes detection, management and prevention as well as tips to creating a nutritional plate and healthy eating on a budget. In addition, organization representatives will be on hand at various food bank locations throughout the month. A complete list can be found at www.diabetes.org/passporttogooodhealth, along with our co-branded American Diabetes Month resources.

About the American Diabetes Association

The American Diabetes Association is leading the fight to Stop Diabetes® and its deadly consequences and fighting for those affected by diabetes. The Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective and credible information; and gives voice to those denied their rights because of diabetes. Founded in 1940, the Association's mission is to prevent and cure diabetes, and to improve the lives of all people affected by diabetes. For more information, please call the American Diabetes Association Kentucky office at 859-268-9129 or email krowland@diabetes.org.

About Passport Health Plan

[Passport Health Plan](#) is a provider-sponsored, non-profit, community-based health plan administering Medicaid benefits to more than 300,000 Kentuckians. Named one of the top Medicaid plans in Kentucky by the National Committee for Quality Assurance (NCQA) for 2017-18, Passport has been

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contracted with the Commonwealth of Kentucky to administer Medicaid benefits since 1997. For details, please visit passporthealthplan.com or call toll-free (800) 578-0603.

