

The SLV Healthy Family Project seeks families in the San Luis Valley who ...

- Are interested in doing things together as a family
- Have diabetes or are at risk for diabetes
- Will be living in the San Luis Valley for at least the next 18 months

If your family is interested, call:



Jennifer Atencio
or Robert Chavez
589-5801

Looking forward to seeing you soon!



Promoting Healthy Lifestyles in Rural Communities



204 Carson Avenue
Alamosa, CO 81101

Project PI:
Dr. Julie Marshall
COMIRB Protocol 03-791

The San Luis Valley Healthy Family Project



Does diabetes run in your family?

This program may be for you

Call 719-589-5801

Type 2 Diabetes and Its Complications Can Be Prevented!

Did you know that having a family member with diabetes puts other family members at risk for getting diabetes?

The good news from research is that diabetes can be prevented or delayed by eating healthier, being physically active and maintaining a healthy weight.

These same healthy habits can also reduce or delay complications in those who already have diabetes.



Now you can be part of a research project to find out how to lower your chances of getting diabetes or developing complications of diabetes.

What is the SLV Healthy Family Project?

The San Luis Valley Healthy Family Project is a program looking at ways to help families make healthy lifestyle choices such as:

- Eating better
- Exercising more
- Attaining or maintaining a healthy weight
- Managing diabetes

What is involved in participating in the project?

- Families will be asked to visit our office in Alamosa 4 times over 18 months. The visits will consist of general health interviews and lab work.
- An information session will be offered regarding healthy lifestyle choices and how they affect families.
- Some of the families will have the opportunity to take part in 12 to 16 home visits with a Family Lifestyle Coach.

Hmm, sounds interesting.
But what is in it for my family!



How will my family benefit from participating?

Families will:

- Learn how diabetes and its complications may be prevented
- Find out about community resources to help with diabetes prevention and management
- Receive free lab work including cholesterol, glucose, insulin and HbA1c screening
- Be paid for time and effort to attend visits for interviews and lab work.