

*For Immediate Release*

Sharon Chandler  
Yes2Kollege Education Resources, Inc.  
916-736-3431  
916-230-1631 cell  
shabarney@aol.com  
www.sayyestocollege.com  
www.diabeteshealthsurvey.com

## **Local Health Organization Looking for 300 African American Mothers and Daughters Wanting to Alleviate Type 2 Diabetes**

Sacramento, California – January 17, 2012 - After almost a year of "sister" meetings around the kitchen table, three African American women who are residents of Sacramento, are taking on the monumental fight against Type 2 Diabetes. Beginning Monday, January 23rd, African American women will have the opportunity to participate in the "African American Women's Health Legacy" (AAWHL) project by completing a survey. Responses collected will provide important information for the formation of a new program that helps women manage and even prevent the disease from attacking themselves and their families.

The launch of the website, [www.diabeteshealthsurvey.com](http://www.diabeteshealthsurvey.com) with local information on Type 2 Diabetes, the project founders and data collected from surveys of African American females, will help determine how the project will be designed. When full funding is attained, the UC Davis School of Medicine Residents Program and additional women and health-related agencies, will help start up the program in Fall 2012.

Project founder, Sharon Chandler, comments, "The AAWHL recently received a planning and development grant from The California Endowment. The funds will us help determine the need for our project and to seek out partner organizations, interested in providing our women the additional resources needed to increase their chances for controlling or alleviating the disease," she states.

Chandler goes on, "We want their experience to be the motivation to train their daughters to raise healthy families, leaving a legacy of hope for generations to come. The good news is that in most cases, we don't have to get "sugar" as most African Americans call the disease. By changing our attitudes about what we eat, and increasing our daily amount of physical activity, we can control or even prevent this disease from destroying our families. My partners, Cloteal Thrower Herron and Toni Colley Perry, and I, have up close and personal experiences with diabetes affecting our children, parents, siblings or husbands. This is our passion," she ends.

In Sacramento County, at least 15% of African American women have been diagnosed with Type 2 Diabetes (reported by the California Department of Public Health, University of California San Francisco's, 2009 Diabetes Program). Undiagnosed cases could astoundingly increase that percentage.

Type 2 Diabetes occurs when either the body does not produce enough insulin, or the cells ignore the insulin necessary to use glucose for energy. When this happens, high blood glucose levels may hurt your eyes, kidneys, nerves or heart. African Americans seem to experience the highest rates of the disease.

Any African American female wanting to provide input on the survey, is invited to go to [www.diabeteshealthsurvey.com](http://www.diabeteshealthsurvey.com), or call Sharon Chandler at 916-736-3431 for more information.

The "African American Women's Health Legacy" project is a division of the non-profit, Yes2Kollege Education Resources, Inc., a 10 year old organization that has guided thousands of families to raise college-bound students throughout California. It is now expanding its focus to include the physical health of families, as "To have a healthy mind, ready for learning, you must first have a healthy body, ready for living."

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