



**For Immediate Release:**  
Friday, February 8, 2008

**For More Information:**  
Angie Devlin  
Director of Communications  
9Health Fair  
(303) 698-4455 x 1302  
[angie.devlin@9healthfair.org](mailto:angie.devlin@9healthfair.org)

**GET YOUR HEALTH CHECKED AT 9HEALTH FAIR - APRIL 12-20, 2008**  
*More Than 20 Free and Low-Cost Health Screenings and Education Offered  
To Anyone 18 and Older In 155 Communities*

**Denver, CO** - - According to researchers at the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC), 6.5 percent of adults age 20 and older have been diagnosed with diabetes. However, about 2.8 percent of U.S. adults — one-third of those with diabetes — still don't know they have it.

9Health Fair, Colorado's largest volunteer-driven health fair program, can help people learn their risk for diabetes and other health issues when they go to any 9Health Fair location, April 12-20, 2008. In addition to blood glucose levels, people can learn about their cholesterol levels, blood pressure rate, Body Mass Index (BMI) and other numbers critical to maintaining good health.

"Helping people prevent health emergencies through screenings and education is what 9Health Fair is all about," said Jim Goddard, President and CEO of 9Health Fair. "Each year, more than 87,000 people go to a 9Health Fair to get their health checked and to learn the latest tips on how to continue their healthy lifestyle."

However, Goddard said, each year, 9Health Fair's team of volunteer doctors and nurses calls approximately 2,000 people telling them they have a serious health issue that needs immediate attention. Reida Gonzales, 9Health Fair participant since 2005, was one of those individuals contacted by 9Health Fair.

"I actually received a letter from 9Health Fair after they tried reaching me by phone," said Gonzales. "The letter told me that my glucose and cholesterol levels were high and that I needed to make an appointment with my doctor immediately. I took the letter to my doctor and now through diet and exercise, my numbers are down and I am feeling great!"

"Thousands of people are impacted each year by the information they receive at a 9Health Fair," Goddard said. "This year we want people to take a pledge to attend and to bring a buddy."

-more-

Goddard also said that people may be eligible for a prize when they complete and submit a 9Health Fair registration form.

More than 20 free and low-cost health screenings are available to help people get a baseline check on their health including a \$30, 31-component comprehensive metabolic screening, a \$25 Prostate Specific Antigen (PSA) screening for men, and a \$15 blood count screening. Free screenings such as oral, osteoporosis, finger stick glucose, Pap smears, breast, body in balance, mental health, prostate/testicular, and colon are available, and educators from hundreds of health-related organizations are on hand to answer questions about a variety of health issues ranging from prescription drugs to diabetes to diet and exercise and more. Approximately 19,000 medical professionals and non-medical volunteers are needed this year to deliver 9Health Fair in 155 communities throughout Colorado, Wyoming and Nebraska.

“Medical professionals such as Registered Nurses, Medical Doctors, trained phlebotomists, Nurse Practitioners, Physician’s Assistants, Emergency Medical Technicians and students enrolled in a medical program with instructor supervision, can volunteer at any 9Health Fair site,” Goddard said. “These are the true 9Health Fair heroes who make this program happen.”

A complete list of 9Health Fair screenings and locations are available at [www.9healthfair.org](http://www.9healthfair.org), and for more information about the 2008 9Health Fair, please contact Angie Devlin at 303-698-4455 x 1302 or [angie.devlin@9healthfair.org](mailto:angie.devlin@9healthfair.org).

### **About 9Health Fair**

9Health Fair is Colorado’s largest non-profit, volunteer-driven health fair program that promotes health awareness and encourages individuals to assume responsibility for their own health. Created by a National Institutes of Health project and 9NEWS, 9Health Fair’s free and low cost health screenings and education program has earned unique endorsements from the Colorado Medical Society, the Colorado Nurses Association and the Colorado Hospital Association. Since 1980, 9Health Fair has impacted 1.7 million lives.

As an independent non-profit 501(c)(3) organization, 9Health Fair is proud of its financial management performance, keeping its administration and fundraising expense under 17 percent of its total budget, well under the industry average of 20-25 percent.

Major sponsors for the 2008 9Health Fair include 9NEWS, Quest Diagnostics, UniPath, King Soopers/City Market, GE Healthcare and Abbott Diabetes Care. Special thanks to The Colorado National Guard for its continued 9Health Fair support through delivering supplies to volunteers and sites around the state.