

Diabetes Awareness
What does Diabetes look like?

Kids! Draw a picture and bring it to our Chehalis clinic by February 14. The best picture will receive a free backpack and with your parent's permission, your name and picture on our website!

Your name _____ Phone number: _____

**New medical Walk-In
now OPEN**

1800 Cooks Hill Road, Suite F
Hours: Noon - 10:00 p.m.
7 days a week - closed holidays
360-736-3042

**Other Valley View Health Center
Clinic Locations:**

2690 NE Kresky, Chehalis
(360) 330-9595
Medical, Dental and Mental Health

Morton Dental Clinic
(360) 496-5101

Onalaska (360) 978-6600
Medical

Toledo (360) 864-4400
Medical

Winlock (360) 785-9400
Medical

Visit www.vvhc.org for more information

**Our main clinic in Chehalis offers Medical, Dental and
Behavioral Health services**



2690 NE Kresky Avenue, Chehalis, (360) 330-9595

All locations accept most Insurances including DSHS medical coupons.
Uninsured, Underinsured and sliding fee scale based on income program
Morton Dental Clinic will be expanding to 5 days a week next year!

Walk-in Clinic at 1800 Cooks Hill Road Now Open!

Bilingual Services available at all clinics

FREE Drawing for
\$50 car seat!
Details on back!



Employees and board members donated
443.6 pounds of food to the Lewis County
Food Bank Coalition in December

If you would like to be added to our emailing
list or have questions please contact
rbryan@vvhc.org.

Being overweight can cause diabetes

- ?? **Every year, 1 in every 3 children who over-eat are diagnosed with diabetes - *even when there is no family history of diabetes.***
- ?? **When a weight problem follows children into adulthood, they can be expected to live an average of *20 years less* than their peers.**
- ?? **36 percent of all school-age children, slightly more boys than girls, develop diabetes during their childhood.**

Information provided by Onalaska Elementary School

“Overweight Americans is officially an epidemic.

This is the first generation of children who are NOT EXPECTED TO OUTLIVE THEIR PARENTS.”

Center for Disease Control

how you can **PREVENT DIABETES**

- ?? Junk food is filled with carbohydrates and fats that have little nutrition value and contribute to 80 percent of weight gain. Fresh fruits, vegetables, nuts and whole grains provide nutrition and help you feel full.
- ?? Sugar, sauces, dressings or dips added to any food adds more unhealthy fats And carbohydrates to your meal or snack.
- ?? Eat whole grains. They provide fiber which aids digestive health.
- ?? All fats should be **less than 25 percent of total calories**. Keep trans and saturated fats as low as possible.
- ?? Enjoy whole fresh fruit instead of juice which has added sugar.
- ?? Read food labels! Note serving size, protein, sugar and fats. Many protein sources such as meat and cheese are also high in fat.
- ?? Get 30 to 60 minutes of moderate exercise every day especially in winter.

Fat cells don't go away! When a body loses weight, fat cells shrink but never disappear so weight gain comes easily. This is another reason why it is important to maintain a healthy diet and continue exercise after a healthy weight is reached. When you're trying to lose weight, don't get dehydrated - drink plenty of water! Flavored beverages, sodas, coffee, tea, etc. ARE NOT more beneficial to your body than water. Set an example for your children and drink at least 6 to 8 full glasses of water per day.

Practice good eating habits – children learn by watching YOU!

TRIVIA: Bring this flyer to the Chehalis clinic by February 14 with the correct answer to this question and you will be entered in a free drawing for a child's car seat **valued at \$50!**

Question: What day ***and*** year did Valley View first open its doors?

Hint: Find the answer on vvhc.org.

Employees of Valley View Health Center and family members not eligible for drawing
Winner must pick up prize within 30 days.

Our Mission:

To improve the health and well-being of the community by providing quality and compassionate health care services in a patient-centered atmosphere, respecting individual and cultural diversity.

Para mejorar la salud y el bienestar de la Comunidad mediante la prestación de calidad y servicios de atención de salud compasivos en una atmósfera centrado en el paciente, respetando la diversidad cultural y individual.

We're always on-line

24/7 you can find more information, including clinic locations, telephone numbers and a list of services and Valley View news at www.vvhc.org.

Your Personal Stories

Please send us your signed personal story about your experience or a loved ones experience at Valley View Health Centers. If we want to use your story for publicity, we will contact you.

Send your story to rbryan@vvhc.org

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