



Gold Coast  
Health Plan<sup>SM</sup>  
A Public Entity

Press  
Release

For Immediate Release

June 7, 2016 - 3:00 PM PST

## Gold Coast Health Plan Teams Up with Health Partners to Host Diabetes Awareness Event

*Public is Invited to Day of Free Health Screenings, Cooking Demonstrations, Entertainment and Raffles*

**CAMARILLO, Calif., June 7, 2016** - Gold Coast Health Plan (GCHP) has partnered with the American Diabetes Association (ADA), the Ventura County Department of Public Health and Dignity Health's St. John's Regional Medical Center for a one-day event in Oxnard on Saturday to promote healthy living for the prevention and management of diabetes.

The event, STOP Diabetes: Viviendo Más Saludable, will feature free health screenings, cooking demonstrations, Zumba classes, a live band, drawings, giveaways, balloon animals and face painting at Pacifica High School. It is free and open to public and will run from 10 a.m. to 2 p.m.

"We need to take action to manage this serious disease because the number of people with diabetes and pre-diabetes is skyrocketing," said Dr. Nancy Wharfield, GCHP's associate chief medical officer who oversees the Plan's Disease Management Program for Diabetes. "Events like this are crucial for spreading the word about how people can access free programs, like ours, to get help."

STOP Diabetes: Viviendo Más Saludable is being funded through a \$50,000 grant that was awarded to the ADA by the state Department of Public Health to bring greater awareness to the prevention and management of diabetes through healthy living and increased health literacy. The grant will also support the expansion of ADA-recognized diabetes self-management education programs in Ventura County.

"This event will be a fun, family-friendly opportunity to learn about the importance of making healthier choices," said Alissa Singer, senior program manager for the ADA's Los Angeles Diabetes Alliance. "The free health screenings that will be offered could be someone's only opportunity to access any sort of care and information about local resources."

**WHAT:** STOP Diabetes: Viviendo Más Saludable

**WHERE:** Pacifica High School, 600 E. Gonzales Road, Oxnard, CA 93036

**WHEN:** Saturday, June 11, 10 a.m. to 2 p.m.

**COST:** Free

## About Gold Coast Health Plan

Gold Coast Health Plan is an independent public entity created by County Ordinance and authorized through Federal Legislation. However, Gold Coast Health Plan is not a county agency. The Ventura County Board of Supervisors approved implementation of a County Organized Health System (COHS) model, transitioning from fee-for-service Medi-Cal to managed care, on June 2, 2009. The purpose of Gold Coast Health Plan is to serve Medi-Cal beneficiaries, enhance the quality of healthcare, provide greater access, improve service and provide choice. The Plan provides health benefits to nearly 207,000 beneficiaries in Ventura County, Calif. To learn more about Gold Coast Health Plan, visit us at: [www.goldcoasthealthplan.org](http://www.goldcoasthealthplan.org).

