

Diabetes “StepOut” bridge walkers have perfect day

Photos and article by Mary Ellen Graybill



On a sunny Sunday, October 23, 600 volunteer walkers, representing corporations, friends and families, clubs and organizations and school groups, walked the three miles from Wrightsville to Columbia and back over the bridge.

The purpose, said Denise Foran, the director of special events, was to raise money to help fund research to prevent, cure and manage diabetes; deliver services to communities; provide objective and credible information; and to give voice to those denied their rights because of the medical condition of diabetes.

“The average person has Type II diabetes for seven to ten years before they know they have it,” said Denise A. Foran, Director of Leadership, Programs & Special Events. Furthermore, authorities say that today, there are nearly 26 million children and adults in the United States – including more than 140,000 here in central Pennsylvania who have diabetes. While 18.8 million people have been diagnosed,

there are approximately 7 million people who have diabetes and don’t know it. If current trends continue, one in three American adults will have diabetes by 2050.

The American Diabetes Association founded in 1940 to research diabetes. Information on the association can be found at 1-800-DIABETES



(1-800-343-2383) or by visiting www.diabetes.org

Columbia’s own Walking River Rats participated in the walk and raised \$472

