**Press Release**

**For immediate release**

**Lose Weight, Feel Great, Prevent Diabetes**

**Revolutionary Diabetes Prevention Program**

*Join Other Participants in Learning How to Make Healthy Changes and Feel your Best*

Beginning in XXXXX, community members are preventing type 2 diabetes together with the lifestyle change intervention offered by XXXXX. Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

45% of people in XXXXX have higher-than-normal blood glucose (sugar) levels. People with prediabetes may develop type 2 diabetes within 3 years if they do not take steps to prevent it. (See attached Diabetes Risk Test)

The Diabetes Prevention Program, led by a trained lifestyle coach, is a safe place where groups of participants learn the skills they need to make lasting changes to prevent diabetes. Participants work toward losing weight, being more physically active, and managing stress.

XXXXX, Manager of the Diabetes Prevention Program, says “she is excited to offer a proven approach to preventing or delaying the onset of type 2 diabetes through achievable lifestyle changes made with the support of a coach and one’s peers.”

This revolutionary program promotes a collaborative, non-judgmental approach to wellness in a motivating environment. Participants will learn the difference between fad diets and gimmickry through this research-based wellness and weight loss program.

A CDC trained life coach will inspire small groups to stay motivated and solve problems that get in the way of healthy changes.

Diabetes Prevention Program groups meet once a week for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes. The program’s group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together participants celebrate their successes and find ways to overcome obstacles.

The Diabetes Prevention program meets XXXXX no cost to participants.

“I’ve tried so many things before, but without the program I would never have done this on my own,” said one program participant.

The Diabetes Prevention program is based on research that showed that people with prediabetes who lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) by making modest changes reduced their risk of developing type 2 diabetes by 58 percent.

“Small changes can add up to a big difference,” added XXXXX. “Working with a trained lifestyle coach who provides guidance, LiveWell Diabetes Prevention program participants are making lasting changes together.”

People are more likely to have prediabetes and type 2 diabetes if they:

* Are 45 years of age or older;
* Are overweight;
* Have a family history of type 2 diabetes;
* Are physically active fewer than three times per week; or
* Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.
* See attached pre-diabetes risk test on next page -

To see if you are eligible to join our program take the risk test and call XXXXX to get started. Orientation Dates: XXXXX – Classes start XXXXX

To learn more about this program, call XXXXX or visit www.cdc.gov/diabetes/prevention]

*Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to prevent or delay the onset of type 2 diabetes. Research shows that modest behavior changes, such as making better food choices and increasing physical activity, reduced the risk of developing type 2 diabetes by 58 percent in people at high-risk for developing this disease. The National Diabetes Prevention Program brings together federal agencies, community-based organizations, faith-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes.* [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)*.*

**Take this quiz to see if you are at risk**

*If you score 5 or higher, or have been told you have prediabetes - we want to work with you.*

**Did you know only 7 percent of people with prediabetes know they have it?**Prediabetes is serious. It can increase risk of heart attack and stroke.

We Have Good News – You can keep healthy with prediabetes and get blood sugars back on track.

**Change your life. Get started with our FREE revolutionary Prevention program** (space limited).

Join us to learn more and meet our team of expert dietitians, educators and community coaches. We are here to support you on this new journey. Call XXXXX



**Lower Your Risk**

Change your life by joining our FREE Diabetes Prevention Program, proven to prevent or delay diabetes. **Call XXXX**

Enroll today - space limited!

|  |
| --- |
| Height Weight (lbs) |
| 4’10” | 119-142 | 143-190 | 191+ |
| 4’11” | 124-147 | 148-197 | 198+ |
| 5’0” | 128-152 | 153-203 | 204+ |
| 5’1” | 132-157 | 158-210 | 211+ |
| 5’2” | 136-163 | 164-217 | 218+ |
| 5’3” | 141-168 | 169-224 | 225+ |
| 5’4” | 145-173 | 174-231 | 232+ |
| 5’5” | 150-179 | 180-239 | 240+ |
| 5’6” | 155-185 | 186-246 | 246+ |
| 5’7” | 159-190 | 191-254 | 255+ |
| 5’8” | 164-196 | 197-261 | 262+ |
| 5’9” | 169-202 | 203-269 | 270+ |
| 5’10” | 174-208 | 209-277 | 278+ |
| 5’11” | 179-214 | 215-285 | 286+ |
| 6’0” | 184-220 | 221-293 | 294+ |
| 6’1” | 189-226 | 227-301 | 302+ |
| 6’2” | 194-232 | 233-310 | 311+ |
| 6’3” | 200-239 | 240-318 | 319+ |
| 6’4” | 205-245 | 246-327 | 328+ |
|  | **(1 point)** | **(2 points)** | **(3 points)** |
|  | You weigh less than the amount in the left column (0 points) |

Write your score

 in the box

 Add up

 your score

**How old are you?**

 Less than 40 yrs (0 points)

 40-49 years (1 point)

 50-59 years (2 points)

 60 years or older (3 points)

**Are you a man or a woman?**

 Man (1 point) Woman (0 points)

**If you are a woman, have you ever been diagnosed with gestational diabetes?**

 Yes (1 point) No (0 points)

**Do you have a mother, father, sister or brother with diabetes?**

 Yes (1 point) No (0 points)

**Have you ever been diagnosed with high blood pressure?**

 Yes (1 point) No (0 points)

**Are you physically active?**

 Yes (0 points) No (1 point)

**What is your weight status?**

 See chart at right

**If you scored 5 or higher:**

You’re likely to have prediabetes and you are at risk. To learn more call or email us at XXXX