

## **Sacred Heart to Launch Diabetes-Prevention Program on Aug. 29**

The latest data from the Centers for Disease Control and Prevention (CDC) indicate that 84 million American adults (more than one in three) have prediabetes, a condition in which blood glucose (sugar) levels are high, but not high enough yet to be classified as type 2 diabetes. People with prediabetes have increased risks to their long-term health, including developing type 2 diabetes, heart attack and stroke.

Prediabetes can often be reversed through weight loss, diet changes and increased physical activity. Beginning Tuesday, Aug. 29, Sacred Heart Hospital in Pensacola will launch a diabetes-prevention program called “Prevent T2.” Prevent T2 is a year-long program that calls for participants to work in a group with a trained lifestyle coach to learn how to eat healthy, add physical activity to their daily routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes.

The group will meet once a week from 4:30 to 5:30 p.m. for 16 consecutive weeks. During the final six months of the program, the group will meet on a monthly basis. The classes will be held at Sacred Heart’s Public Health Building, located at 5051 Carpenter Creek Dr. in Pensacola. The cost of the year-long program is \$50 per person. Grants are available to those who qualify.

Prevent T2 is a proven, nationally recognized lifestyle-change program that is part of the National Diabetes Prevention Program led by the CDC, according to Donna Ryan, regional director of population health, Sacred Heart Health System.

“Nearly 90 percent of people with prediabetes are not aware they have the condition,” says Ryan. “In Florida, more than 11 percent of people have been told they have diabetes and more than 7 percent of Floridians have been told they have prediabetes, according to the CDC.”

To register, or for more information, please call 850-416-2598 or send an email to Ethel Hoyt at [ethel.hoyt@ascension.org](mailto:ethel.hoyt@ascension.org). For information about all of Sacred Heart’s diabetes-education classes, go to <http://www.sacred-heart.org/CommunityEducation/page/?ID=177>.

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