Sacred Heart Health System

FOR IMMEDIATE RELEASE
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Sacred Heart Classes Help Prevent or Delay Type 2 Diabetes

PENSACOLA, Fla. - One in three American adults has prediabetes. With lifestyle change interventions targeting diet and increased physical activity, type 2 diabetes can be delayed or prevented. Without lifestyle changes, many will develop type 2 diabetes within 5 years.

In Sacred Heart's PreventT2 lifestyle-change program, participants work in a group with a trained lifestyle coach to learn how to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Research has found that people with prediabetes can cut their risk in half of developing type 2 diabetes by losing just 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

If you have prediabetes, the PreventT2 lifestyle change program, offered by Sacred Heart, can help you make lasting changes to prevent type 2 diabetes. The year-long structured program will meet Tuesdays at 10:30 a.m. for 16 weeks beginning August 9 and monthly after November 22 at 5225 Carmel Heights Drive on Sacred Heart's Pensacola campus.

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

The cost for the year-long program is $50. Grants are available to those who are eligible. To register, call Ethel Hoyt at **850-416-7261** or e-mail **ethel.hoyt@shhpens.org**

Side bar:

To be eligible:

- Be at least 18 years old
- Be overweight (Body Mass Index (BMI) ≥24*; ≥22 if Asian)
- Have a blood test result in the prediabetes range within the past year:
- --- Hemoglobin A1C: 5.7---6.4% **or**
- --- Fasting plasma glucose: 100---125 mg/dL **or**
- --- Two-hour plasma glucose (after a 75 gm glucose load): 140---199 mg/dL **or**
- Be previously diagnosed with gestational diabetes and
- Have no previous diagnosis of diabetes