



*Cerro Gordo County
Department of Public Health*

MEDIA RELEASE

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Contact: Kara Ruge, Marketing & Public Information Officer, (641) 421-9333

FREE Diabetes Prevention Program Offered by Health Department

(Mason City) – The Cerro Gordo County Department of Public Health is offering a program to help individuals at risk for diabetes, prevent the disease. The Diabetes Prevention Program is a nationally recognized program from the Centers for Disease Control and Prevention, proven to prevent or delay the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one's peers.

People with prediabetes — higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes will develop type 2 diabetes within three years if they do not take steps to prevent it. To see if you are at risk for prediabetes, take our prediabetes screening test on our website, www.cghealth.com.

“One in three American adults has prediabetes, so the need for prevention has never been greater,” said Karen Crimmings, Chronic Disease and Health Promotion Service Manager, Cerro Gordo County Department of Public Health.

Guided by a trained lifestyle coach, groups of participants will learn the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active, and managing stress. In addition, they will learn how to eat healthy, stay motivated, and solve problems that can get in the way of healthy changes. The Diabetes Prevention Program groups meet weekly for six months, followed by six monthly maintenance sessions to assist with maintaining the healthy lifestyle changes they learn. The course is a one year commitment.

“I love the visuals that are used to understand concepts. Pouring the cereal in the bowl helped me understand serving sizes. I love the program!” said one of the programs participants. “This program is making me accountable. It also helps that my husband is going through the program too!”, said another participant.

The local course will be offered at two different times. Orientation sessions will be held on January 11th and 12th, with the official classes beginning on January 18th from 10-11AM and January 19th in the early evening (time still to be determined). Both classes will be held at Mohawk Square in Mason City. The course is FREE to at-risk participants and includes a pre and post health screening. To take our prediabetes screening test, or to enroll in the course visit www.cghealth.com or call 641-421-9303.

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