



*Cerro Gordo County
Department of Public Health*

MEDIA RELEASE

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FREE Weight-Loss 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 weight-loss 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 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 enjoyed the feeling of community with others facing the same challenges!” said one of the program’s participants. “I didn’t expect much from the program in the beginning. I had tried everything (or so I thought). But this program really works if you take it seriously”, said another participant.

The local course will be offered at two different times. Orientation sessions for those registered to attend will be held on June 7th and 8th, with the official classes beginning on July 12th from 10-11AM and July 13th from 5-6PM. 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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