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**FOR IMMEDIATE RELEASE**

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## **Diabetes Prevention Program Scheduled at Memorial Hospital**

**Program designed to prevent or delay type 2 diabetes in high-risk patients**

Marysville, Ohio – One out of every three adults in the U.S. have prediabetes, and up to a third of them will develop diabetes within five years – according to the Centers for Disease Control (CDC). Having prediabetes means that your blood glucose (sugar) levels are higher than normal, but not high enough to be diagnosed as diabetic. Prediabetes can lead to heart disease, stroke, and type 2 diabetes, the most common form of diabetes.

“The good news is that prediabetes can often be reversed,” explains Marilyn Hassinger, Director of the Food and Nutrition Department at Memorial Hospital. “Area residents who have prediabetes and are at risk for developing type 2 diabetes can lower their risk by registering for the Prevent T2 Lifestyle Change Program.” This class series was designed by the CDC and approved by the American Medical Association.

The Prevent T2 Program is a year-long commitment, and includes a series of one-hour classes – starting on January 18. Classes will be taught by a Registered Nurse, a Registered Dietitian, and an Exercise Physiologist, and will meet weekly during the first four months, then every two weeks, followed by monthly classes during the last six months.

The topics will include healthy eating, how to add physical activity if you are busy, stress management, how to cope with challenges that can derail your hard work, and how to get back on track if you stray.

Classes will meet on Thursdays between 5 p.m. and 6 p.m. in the Village Room at Memorial Hospital. The cost for the one-year program is \$400, and includes all educational materials, an individual meal planning session with a registered dietitian, personal training sessions with an exercise physiologist, a demonstration by the executive chef and course facilitation by an RN diabetes educator. For more

information, or to register, contact the Food and Nutrition department at (937) 578-2444 or visit <http://memorialohio.com/events>.

Memorial Health is an independent health system based in Marysville, Ohio, which consists of Memorial Hospital's main campus and satellite outpatient locations including Memorial City Gate Medical Center; Memorial Hospital Outpatient Surgery Center; Memorial Gables – a skilled nursing facility; Memorial Medical Group – a network of 26 physicians and mid-level providers with office locations throughout Marysville, Plain City, Richwood, and Urbana; and the Memorial Health Foundation. To learn more, visit [memorialohio.com](http://memorialohio.com).

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