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FOR IMMEDIATE RELEASE

Diabetes Prevention Lifestyle Change

Have you been feeling sluggish lately? Have you been told you are overweight? Has a healthcare provider told you that you have prediabetes or are at risk of prediabetes? Do you have a parent, brother, or sister with type 2 diabetes? Have you had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds? If you answered yes to any of these questions, you may be at risk of type 2 diabetes (Type 2).

The Genesee and Orleans County Health Departments (GO Health) are seeking feedback from residents to help plan upcoming Lifestyle Change education programs in both counties. We are asking anyone who is at risk of prediabetes or type 2 diabetes to take a few minutes and answer some questions so we can schedule training sessions in Genesee and Orleans Counties.

Type 2 diabetes is when your cells do not respond normally to insulin (insulin resistance). Type 2 is a chronic disease that affects the way the body processes sugar (glucose) for fuel (energy). When a person has type 2 diabetes their pancreas makes insulin, but their body does not respond well to make the cells let the glucose in, giving the cells the energy they need. The blood sugar is not used and it builds up in the body.

“It is important to note that prediabetes (diagnosed with high blood sugar levels but not high enough to be diagnosed with type 2 diabetes) and type 2 diabetes can be prevented or delayed,” stated Brenden Bedard, Director of Community Health Services for GO Health. “Attending an evidence-based lifestyle change program can help people learn how to make healthier food choices, encourage them to be more physically active, and learn more about their overall health.”

We encourage residents to consider taking charge of their life and lowering their risk of prediabetes and type 2 diabetes. Getting feedback from residents will help us design a

program that meets their needs. The survey is quick and can be accessed here:
<https://www.surveymonkey.com/r/DiabetesPrev2024>

For more information on GO Health programs and services, visit GOHealthNY.org or call your respective health department at:

- Genesee County: 585-344-2580 ext. 5555
- Orleans County: 585-589-3278

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