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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 your healthcare provider told you, 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? Are an African American, Hispanic or Latino, American Indian, or Alaska Native person? If you answered yes to any of these questions, you may be at risk of, have prediabetes, or be at risk of type 2 diabetes (Type 2).

The Orleans County Health Department has reviewed feedback from a recent survey and will be hosting the Lifestyle Change Program starting March 20, 2024 from 1:00-2:00 p.m. at the Lee-Whedon Memorial Library, 620 West Avenue, Medina.

Register now to claim your seat for better health:
<https://www.surveymonkey.com/r/NDPPOrleans2024>, e-mail
NDPP@orleanscountyny.gov, or call 585-589-3162.

“According to the Centers for Disease Control and Prevention (CDC), there are 29.7 million people 18 and older with prediabetes,” stated Paul Pettit, Public Health Director for the Genesee and Orleans County Health Departments (GO Health). “Of the 38.4 million people who have diabetes, 8.7 million are undiagnosed. The Lifestyle Change Program helps those who are at risk or have been diagnosed with prediabetes to take charge over their lives. According to the New York State Department of Health Behavior Risk Factor Surveillance System 2021 report, Genesee County has 13.4% of adults and Orleans County has 11.4% adults diagnosed with prediabetes.”

Taking one hour a week (a total of 26 hours) over the span of a year will help individuals take control over their health. For many it removes the risk of prediabetes, for some it delays the onset of Type 2 diabetes. Those who follow the program can lower the risk of

developing Type 2 diabetes by as much as 58% or 71% if over the age of 60, according to the CDC.

Now is your time to take control of your health and lower your risk of developing Type 2 diabetes. Register for the class now! This is the first series of the lifestyle change course that will be offered. If you are unable to attend this series of classes, there will be classes offered throughout Genesee and Orleans Counties in the future.

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

Follow GO Health on Facebook, Twitter and Instagram at GOHealthNY.

Resources:

<https://www.cdc.gov/diabetes/basics/prediabetes.html#:~:text=Approximately%2098%20million%20American%20adults,%2C%20heart%20disease%2C%20and%20stroke.>

<https://www.cdc.gov/diabetes/prevent-type-2/index.html>

<https://www.cdc.gov/diabetes/basics/prediabetes.html>

https://www.health.ny.gov/statistics/prevention/injury_prevention/information_for_action/docs/2023-10_ifa_report.pdf

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