

***** New Diabetes Prevention Program Seeks At-risk Participants*****

Lose weight, eat healthy and stay motivated with CDC-grant-funded PreventT2

One out of every three American adults has prediabetes, and most of them don't even know it. If you are age 45 or older, are overweight, and have a family history of Type 2 diabetes, or had diabetes while you were pregnant, then you have a higher risk of developing prediabetes and Type 2 diabetes.

People with prediabetes have a blood-sugar level that is above normal but not high enough to be diagnosed as diabetes. Without a lifestyle change, prediabetes can develop into Type 2 diabetes, a serious condition that can lead to a heart attack, stroke, blindness, kidney failure or the loss of toes, feet, or legs. Sarasota Memorial's Diabetes Treatment Services has set its sights on helping those at risk of developing prediabetes and Type 2 diabetes, and is launching a new, interactive program to arm them with the tools and support they need to make lasting lifestyle changes.

Sarasota Memorial is offering a local PreventT2 diabetes education and support course, which is part of the National Diabetes Prevention Program. The PreventT2 program is proven to help people with prediabetes prevent or delay the onset of Type 2 diabetes.

Facilitated by an SMH registered dietitian and certified diabetes educator, the 12-month-long PreventT2 program will teach participants how to lose weight, eat healthy, be more active, manage stress, stay motivated and overcome the obstacles that can get in the way of healthy lifestyle changes. The small group setting offers a supportive environment as participants are sharing similar experiences and the same goals.

PreventT2 participants will meet weekly for 16 weeks of interactive learning, followed by 8 months of monthly/bimonthly support meetings to help them stay on track with fitness, healthy eating and weight loss. The full 12-month prevention program is deeply discounted for SMH employees and includes unlimited access to SMH's onsite gym, HealthTracks or HealthFit on Clark Rd, for 16 weeks.

SMH's Diabetes Treatment Services will offer new PreventT2 sessions starting in January of 2018.

Is the PreventT2 Program for You? If you meet the above requirements, we encourage you to contact SMH Diabetes Treatment Services at **(941) 917-7468** or DiabetesTreatmentServices@smh.com for more information and to enroll in this essential program.