



Press Release

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Allen County Residents Preventing Type 2 Diabetes with Proven Program

*Join Thrive Allen County/ Thriving Lifestyle Participants in Learning How to
Make Healthy Changes in Iola, Kansas*

February 16, 2016 – Thrive Allen County is pleased to announce a new program to help prevent Type 2 diabetes. The program, called *Thriving Lifestyle*, is a lifestyle change intervention where a trained lifestyle coach works to train participants in the skills they need to make lasting changes—losing a modest amount of weight, being more physically active, and managing stress.

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. Most people with prediabetes will develop type 2 diabetes within 3 years if they do not take steps to prevent it.

The Thriving Lifestyle Program is based on research that indicates that people with prediabetes who lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) were able to reduce their risk of developing type 2 diabetes by 58 percent. A few modest changes can make all the difference.

“One in three American adults has prediabetes, so the need for prevention has never been greater,” said Jessica McGinnis. “The Thriving Lifestyle Program offers a proven approach to preventing or delaying the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one’s peers.”

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Thriving Lifestyle groups meet once a week for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes. The program’s group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together, participants celebrate their successes and find ways to overcome obstacles.

Thriving Lifestyle is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). The local program will have an introductory class that will meet at the Thrive Allen County office, 12

West Jackson Avenue in Iola, on Tuesday, February 23rd at 5:30 PM. There is no cost for the introductory class. Subsequent classes will be \$22.00 a month. We have a number of participants that have already signed up so spaces are limited. Scholarships are available for those unable to pay the monthly fee. Thriving Lifestyle and Thrive Allen County is working to add new dates & times and to open new program sites. For questions please call Thrive at 620-365-8128.

“I feel this is a great opportunity for me to ward off some of the problems that come with weight and prediabetes. It’s important to have the support” said Cyndy Greenhager, an Allen County resident.

People are more likely to have prediabetes and type 2 diabetes if they:

- Are 45 years of age or older;
- Are overweight;
- Have a family history of type 2 diabetes;
- Are physically active fewer than three times per week; or
- Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.

To participate in or learn more about the program, call Jessica McGinnis at Thrive Allen County at 620-365-8128 for dates and times available or visit www.thriveallencounty.org and/or www.cdc.gov/diabetes/prevention.

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Thrive Allen County

Thrive Allen County is the county’s central driver in healthy lifestyles, healthcare access, and economic development. The Thrive coalition has been recognized statewide for building adaptive skills and organizational capacity on a countywide basis and has been essential to changing the conversation in the county toward one focused on a culture of health.

Thriving Lifestyle Program

The Thriving Lifestyle Program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to prevent or delay the onset of type 2 diabetes. Research shows that modest behavior changes, such as making better food choices and increasing physical activity reduced the risk of developing type 2 diabetes by 58 percent in people at high-risk for developing this disease. The National Diabetes Prevention Program brings together federal agencies, community-based organizations, faith-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes.
www.cdc.gov/diabetes/prevention.