



FOR IMMEDIATE RELEASE

**For More Information:
Name, Phone Number, Email**

PROVEN DIABETES PREVENTION CLASS TO LAUNCH IN [MONTH/LOCATION]

Small Lifestyle Changes Get Big Results to Help Beat Prediabetes

NAME OF CITY, FL – The National Diabetes Prevention Program that has generated lasting results for participants is launching a new class in _____ County on _____. This program aims to address the staggering statistics surrounding diabetes:

- One in three adults has prediabetes, approximately 86 million Americans
- In seniors, 51% have prediabetes
- In Florida, over 6 million adults are unaware that they have prediabetes
- Prediabetes often leads to diabetes, the leading cause of new cases of blindness, kidney disease, nerve damage and amputations
- Prediabetes increases the risk of cancer by 15%

The **National Diabetes Prevention Program** helps people with prediabetes reduce their disease risk by making small changes such as improving food choices, increasing physical activity, and managing stress -- all designed to help participants lose 5 to 7 % of their body weight. These small lifestyle changes may reduce the risk for type 2 diabetes by 60%.

Even after ten years, those who participated in this national program had a 34% lower rate of type 2 diabetes, and 40% maintained their weight loss associated with the risk reduction.
(Source: National Diabetes Information Clearinghouse)

To learn more about the Diabetes Prevention Program in _____, FL and how you can find the group support you need to make meaningful lifestyle changes, contact:

NAME, PHONE NUMBER, EMAIL ADDRESS

Take Control, Beat Prediabetes
www.FLdiabetesprevention.com

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