

# PREVENTING DIABETES

Blue Mountain Eagle



Kim Jacobs

## Lifestyle coach helps people at risk in yearlong national program

The National Diabetes Prevention Program is a yearlong lifestyle change program in which participants meet in a group with a trained lifestyle coach.

Participants learn how to include healthy eating and regular physical activity in their lives in order to achieve a modest weight loss and help prevent developing Type 2 diabetes.

A program began Jan. 29 at Blue Mountain Hospital.

To be eligible for referral to a CDC-recognized lifestyle change program, patients must meet the following requirements:

- Be at least 18 years old and
- Be overweight (body mass index  $\geq 24$ ;  $\geq 22$  if Asian) and
- Have no previous diagnosis of Type 1 or Type 2 diabetes and
- Have a blood test result in the prediabetes range within the past year:
  - Hemoglobin A1C: 5.7–6.4 percent or
  - Fasting plasma glucose: 100–125 mg/dL or
  - Two-hour plasma glucose (after a 75 gm glucose load): 140–199

mg/dL or

- Be previously diagnosed with gestational diabetes or
- Score 9 or higher on the CDC prediabetes screening test

This is a yearlong program with weekly meetings for the first six months, then monthly meetings for the rest of the year. Kim Jacobs, a trained lifestyle coach, will be facilitating the meetings. Contact Jacobs at 541-575-1311 or [kjacobs@bluemountainhospital.org](mailto:kjacobs@bluemountainhospital.org) for more information.

## A few tips on making lifestyle changes

- Take responsibility for your health. Don't let excuses hold you back.
- Don't make radical changes. They're less likely to be successful in the long run.
- Save some time in your schedule almost every day to exercise. Make it a part of your routine.
- Practice moderation. Don't force yourself to eat healthy every meal. Eat healthy most of the week, and indulge yourself within reason one day.
- Be committed to a healthy lifestyle. Consistency is key.
- Find a support network. Others can help you achieve your goals.