

**FOR IMMEDIATE RELEASE**

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## **Coalition Partners to Educate Community on Diabetes**

*Brunswick Wellness Coalition partners urge individuals to know their risks and options*

[Leland, NC] – YMCA of Southeastern North Carolina, The Brunswick Center at Leland, and the Brunswick County Health Department are encouraging individuals to attend a free diabetes screening and education event—sponsored by the Brunswick Wellness Coalition—that will be held on Monday, April 2 from 9 a.m. to 1 p.m. at the Brunswick Center at Leland. Free diabetes screening (a simple non-fasting blood test, obtained by a finger prick) will be provided to those who qualify. (Limited supplies: first come, first served.) No appointment is needed and anyone 18 and older, is invited to attend.

“This is an exciting event for the county,” says Lindsay Maher, executive director of the Brunswick Wellness Coalition. “One in three adults in the U.S. has prediabetes, yet only about 11 percent knows they have it. We want individuals to know the risk factors for type 2 diabetes and to know their numbers. There are also fantastic resources for diabetes prevention and management through our partner organizations. This event gives us the opportunity to provide information on both.”

Marjorie Lanier, YMCA Diabetes Prevention Program coordinator, says that while individuals might have been told they are “borderline diabetes” or have “a touch of sugar,” these terms can minimize the seriousness. “Prediabetes is a serious health condition that can soon lead to type 2 diabetes if no action is taken,” she says. “Many of us have risk factors—like being overweight, having a family history of diabetes or having a previous diagnosis of gestational diabetes—but aren’t aware that it could lead to prediabetes or diabetes. The good news is that risk may be reduced or eliminated by losing weight, eating healthier and becoming more physically active—all of which are addressed through the YMCA’s Diabetes Prevention Program which will be held at The Brunswick Senior Center at Leland beginning Monday, April 23.”

For questions about the screening event or the Diabetes Prevention Program, contact Marjorie Lanier: [marjorie.lanier@ymcasenc.org](mailto:marjorie.lanier@ymcasenc.org) or call 910-251-9622

### **About the Brunswick Wellness Coalition**

The Brunswick Wellness Coalition (BWC) is a united group of individuals and health-minded leaders who share an interest in exploring local issues and solutions related to the prevention and management of diabetes in Brunswick County. The mission of BWC is to improve the health of our community with the vision of becoming the healthiest county in North Carolina. BWC is made possible with support from Healthy People, Healthy Carolinas, an initiative of The Duke Endowment that is working with county-level coalitions across the state to improve health. For more information or to get involved, email Lindsay Maher, BWC Executive Director, at [LindsayMaher@doshier.org](mailto:LindsayMaher@doshier.org).