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SCREENING EVENT IDENTIFIES 50% AS PRE-DIABETIC

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

[Leland, NC] – Results are in from two, free diabetes screening and education events provided by the YMCA of Southeastern North Carolina, The Brunswick Center at Leland, and the Brunswick County Health Department. Of those who were tested, 50% of individuals had elevated blood levels, indicating they were pre-diabetic.

"This is alarming as the national average of adults with pre-diabetes is 1 in 3 and our event found 1 in 2 adults with pre-diabetes," says Marjorie Lanier, the YMCA's Diabetes Prevention Program Coordinator. "Risk factors for pre-diabetes include being overweight, having a family history of type 2 diabetes, or being over the age of 45, just to name a few. The good news is that adults with pre-diabetes have a great opportunity to reverse their condition through small lifestyle changes which are addressed through the YMCA's Diabetes Prevention Program."

The YMCA is offering the Diabetes Prevention Program at The Brunswick Center at Leland beginning Monday, May 14. Thanks to support from the Brunswick Wellness Coalition, the program is free to those who register before May 11. Lindsay Maher, Executive Director of the Brunswick Wellness Coalition, echoed Marjorie's urgency, "making lifestyle changes does take commitment but if we do not make time to take care of our health now, we will have to make time to take care of our disease later and potentially the rest of our life. We hope that people take advantage of the wonderful resources the YMCA has to offer and enroll in the Diabetes Prevention Program."

For questions about the Diabetes Prevention Program or to register, contact Marjorie Lanier: 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.