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Contact:

Bridget Carroll
Bridget.Carroll@ymcasenc.org
910-251-9622

Coalition Partners to Educate Community on Diabetes

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

Partners of the Brunswick Wellness Coalition (BWC) are encouraging individuals to attend a free diabetes screening and education event on one of the following times:

- Tuesday, February 4, 9 a.m.-1 p.m. at the Brunswick Center at Leland.
- Thursday, February 21, 10 a.m.-1 p.m. at the Southport Senior Center.

BSRI, County Health Services and the YMCA of Southeastern North Carolina are partners of the BWC and will be available that day to answer questions about (pre)diabetes. Guests can also access fantastic resources for diabetes prevention and management available from these BWC partner organizations. The free diabetes screening is a simple, non-fasting blood test, obtained by a finger prick and will be provided to those who qualify (limited supplies: first come, first serve). No appointment is needed and anyone 18 and older is invited to attend.

"One in three adults in the U.S. has prediabetes, yet only about 11 percent knows they have it," said Lindsay Maher, BWC's executive director. "It is important for everyone to know the risk factors of type 2 diabetes and to know their numbers; our partners are making it easier for our residents to do so by offering this test free of charge."

Bridget Carroll, the YMCA's Diabetes Prevention Program coordinator, said 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 said. "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 we currently offer at the Brunswick Center at Leland and hope to expand to other sites in the near future."

For questions about the screening event or the Diabetes Prevention Program, contact Bridget Carroll: Bridget.Carroll@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.