

OBESITY SEMINAR

August 27, 2013

The Shreveport Mayor's Women's Commission will co-host a one-hour seminar Tues., Aug. 27 2013, as part of an education program in collaboration with the Martin Luther King Women's Clinic. The National Diabetes Prevention Program is designed to bring to communities evidence-based lifestyle change programs to prevent type 2 diabetes. The lifestyle program is based on a CDC study which showed that making modest behavior changes, such as improving food choices and increasing physical activity to at least 150 minutes per week, helped participants lose 5% to 7% of their body weight. These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people at high risk for diabetes.

Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month). The National Diabetes Prevention Program encourages collaboration among federal agencies, community-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with pre-diabetes in the United States. For more information, contact Marie Vazquez Morgan, Chair, mvazqu@lsuhsc.edu. Please put Obesity Seminar in the subject line.