

Help is available for Coloradans at risk for diabetes

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According to the Colorado Department of Public Health and Environment, the number of adult Coloradans with diabetes has soared 157 percent during the past decade, from 4.7 percent in 2003 to 7.4 percent in 2012.

People with diabetes are at risk for more serious and costly health problems, such as loss of vision, lower limb amputations and kidney disease.

But the Diabetes Prevention Program, now being offered by community groups across Colorado, can prevent or delay the onset of type 2 diabetes.

The 16-week program, led by trained lifestyle coaches, helps participants achieve healthier eating and increase physical activity to 30 minutes a day, five days a week. It includes weekly sessions on topics such as how to read food labels, how to develop and maintain a healthy diet and how to deal with stress without overeating.

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