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**FOR IMMEDIATE RELEASE: 24 for Life, a Diabetes Prevention Program, Earns Centers for Disease Control and Prevention Full Plus Recognition**

April 18, 2022 (Topeka, Kan.) – 24 for Life, a Diabetes Prevention Program has earned the Centers for Disease Control and Prevention (CDC) Full Plus Recognition. This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition and additional retention thresholds.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled, as the American population has aged and become more overweight or obese, according to the CDC.

"The sustained success of your lifestyle change program makes an invaluable contribution to the prevention of Type 2 Diabetes, both in your community and nationally," said Miriam Bell, Team Lead, National Diabetes Prevention Program.

With the 24 for Life program, you are given a trained lifestyle coach who will lead the program in a way that helps you make adjustments in your lifestyle, such as eating healthier, reducing stress, and getting more physical activity. The research from the CDC shows that making modest behavior changes helped participants lose 5 to 7 percent of their body weight. These lifestyle changes reduced the risk of developing Type 2 Diabetes by 58 percent in people with prediabetes.

"The program reminds us of how to overcome stress in our lives and how it can affect our health. We talk through all the ways to help us get through these stressful times," said Vanessa, a 24 for Life participant.

If you're interested in learning more about 24 for Life, visit [www.midlandcare.org/24forLife](http://www.midlandcare.org/24forLife) or contact Donna Doel at [785-250-5210](tel:785-250-5210).

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*About Midland Care Connection, Inc. - Midland Care is a not-for-profit, community-based organization providing options to families with challenging health needs. Since 1978, Midland Care has touched lives through a range of healthcare services. For more information, visit [www.midlandcareconnection.org](http://www.midlandcareconnection.org).*