

## **PREVENTING DIABETES WITH GOOD EATING AND PHYSICAL ACTIVITY HABITS**

*New York's Southern Tier Diabetes Coalition offers a tested weight loss program*

### **Public Health Problem**

- Almost two thirds of New York adults are overweight or obese putting them at greater risk for developing chronic diseases such as diabetes.
- Changing eating and activity habits helps people achieve a healthy weight. Weight loss of as little as seven percent of body weight and an increase in physical activity can prevent or delay a diagnosis of diabetes.
- Many New York adults don't get recommended amounts of daily physical activity and most don't eat the recommended daily servings of fruit and vegetables - steps that are keys to a healthy weight.

### **Program**

- The Southern Tier Diabetes Coalition introduced the Mission Meltaway program to a new region of the state.
- This free, eight-week healthy lifestyle program created by the Broome County Office for Aging uses a group approach to weight loss and maintenance building on the concepts of the National Diabetes Education Program called "Small Steps, Big Rewards."
- Health professionals from the Delaware County Public Health Department using resources provided through the Southern Tier Diabetes Coalition, educated participants, reinforced healthy eating and physical activity habits, and tracked weekly weight-loss progress.
- Ballroom dancing was offered as a way to get recommended amounts of physical activity.

### **Impact**

- Group weight loss was over a hundred pounds. Two thirds of the thirty participants in the group were at high risk for diabetes.
- Some participants continued exercising together on their lunch breaks after the program had ended and many of them commented on the value of ballroom dancing as a unique way to be more active and the on the fun they had learning it.
- The success of the program will lead to expansion to other county sites by the coalition.

### **Contact**

Colleen Davis  
Southern Tier Diabetes Coalition  
607-778-3927  
cdavis@co.broome.ny.us

Eric Weiskopf  
New York State Department of Health  
518-474-1222  
esw01@health.state.ny.us

