



OSF[®] HEALTHCARE

OSF HealthCare Holy Family Medical Center Diabetes Prevention Program Earns CDC Full Recognition

FOR IMMEDIATE RELEASE-

Contact: Amber Wood – Community Relations Coordinator, 309-734-1605

(MONMOUTH, IL | February 22, 2019) – The Centers for Disease Control and Prevention is recognizing OSF HealthCare Holy Family Medical Center as meeting all requirements of its evidence-based [Diabetes Prevention Program](#). The full recognition acknowledges OSF Holy Family is meeting the standards established by the CDC to deliver diabetes programs that have proven results for preventing type 2 diabetes.

Prediabetes and type 2 diabetes are growing concerns for America's workforce, affecting the health and quality of life of millions of U.S. adults and costing employers and insurers billions of dollars each year in lost productivity and medical expenses. According to the CDC, lifestyle change programs with certain elements can reduce by a person's risk of developing type 2 diabetes by 50 percent. One in three Americans have prediabetes which means elevated blood sugars that could result in developing the disease.

"Receiving full recognition for our Diabetes Prevention Program at OSF HealthCare Holy Family Medical Center is a tremendous accomplishment," said Patty Luker, President of OSF Holy Family Medical Center. "Receiving full recognition is a rewarding reflection of the work our Diabetes Education Mission Partners do and the exceptional care they provide for those we serve."

"As the Director of the Diabetes Prevention Recognition Program, it is immensely gratifying to see the science of diabetes prevention being implemented to improve the public's health, said Ann Albright, director of the CDC's Diabetes Prevention Recognition Program. She added, "It is programs like yours that are turning the tide in the fight against the epidemic of type 2 diabetes."

Lessons and activities that are part of the CDC's Diabetes Prevention Program are part of a new initiative and partnership with the Warren County YMCA called [Be WELL](#), Live Healthy, Live Happy. This open enrollment program costs \$15/month and participants

meet for 45 minutes every Thursday evening to learn new recipes, exercises, motivation, meditation and ways to improve their overall well-being. You can enroll [online](#) or in person or by calling the YMCA at (309) 734-3183.

About OSF HealthCare Holy Family Medical Center

OSF HealthCare Holy Family Medical Center is a 23-bed acute/intermediate care, critical access hospital located in the rural farming community of Monmouth, IL. OSF Holy Family provides a broad range of acute care and outpatient services including a variety of specialist, emergency, rehabilitation, and diagnostic imaging services. The Illinois Critical Access Hospital Network (ICAHN) also recently recognized the hospital for excellence in quality of care outcomes and President Patty Luker was named by Becker's Hospital Review as one of "71 Critical Access Hospital CEOs to Know - 2018". For more information about OSF HealthCare Holy Family Medical Center, visit www.osfholyfamily.org.