



## **MEDIFAST JOINS FORCES WITH THE AMERICAN DIABETES ASSOCIATION AS AN ANNUAL SUPPORT SPONSOR**

**Our Mission** is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

Medifast Weight Control Centers joins the Minnesota Area, American Diabetes Association as an official Diabetes Prevention annual support sponsor and will be involved with local events such as the Association's Step Out: Walk to Stop Diabetes, Tour de Cure, Gala and Diabetes EXPO.

Diabetes affects 25.8 million people which is 8.3% of the U.S. population and an estimated 79 million people have prediabetes. Prediabetes is a condition in which individuals have blood glucose levels higher than normal but not high enough to be classified as type 2 diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

The Diabetes Prevention Program (DPP), a large prevention study of people at high risk for diabetes, showed that lifestyle intervention to lose weight and increase physical activity reduced the development of type 2 diabetes by 58% during a 3-year period. The reduction was even greater, 71%, among adults aged 60 years or older.

Medifast has become a sponsor of the American Diabetes Association because of the link between obesity and diabetes. Studies have shown that people are more successful losing weight with guidance and support. Medifast's goal is to help people get to a healthier weight and enjoy living life to the fullest.

The heart and soul of the Medifast Weight Control Centers is their weight loss program which includes one-on-one counseling with a trained weight loss professional. Medifast recognizes that individual goals are different. Whether you need to lose 10 lbs or more than 100 lbs Medifast will design a program specific to your individual goals. In addition, Medifast offers customized programs to accommodate a wide range of medical conditions including those with diabetes. Medifast programs are designed to help you achieve your goals quickly, safely, and effectively.

Medifast Weight Control Centers offer the Medifast Program with a weight-loss service guarantee. Medifast Weight Control Centers offer a proven, safe, and effective option for clients who need personal support during their weight loss journey. "Diabetes is America's fastest growing disease. By joining the Association as a Diabetes Prevention annual support sponsor, Medifast will help bring awareness about diabetes management and prevention through a healthy lifestyle to the community," said Jenni Hargraves, Executive Director of the American Diabetes Association, Minnesota/North Dakota. "Support of sponsors like Medifast will help us change the future of diabetes."

### **About Medifast Weight Control Centers:**

The Medifast Weight Control program is based on healthy eating, combined with professional support and one-on-one counseling. Minnesota Weight Control, Inc currently operates seven Medifast Weight Control Centers in Minnesota, with an eighth center located in Eau Claire, WI. For more information visit [www.MedifastMN.com](http://www.MedifastMN.com) or [www.MedifastWI.com](http://www.MedifastWI.com).

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