



**HEALTHY  
GALLATIN**

A RESOURCE FOR HEALTHY LIVING FROM THE  
GALLATIN CITY-COUNTY HEALTH DEPARTMENT

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## For Immediate Release – September 2, 2021

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### Now Offering Diabetes Prevention Program in English and Spanish

**Bozeman, MT – September 2, 2021** – Over 1 in 3 (37.4%) adults in Montana have prediabetes<sup>i</sup>. Without lifestyle change, prediabetes can lead to type 2 diabetes within five years, putting many Montanans at risk of unnecessary suffering and healthcare costs.

Diabetes increases the risk of many health problems including cardiovascular disease, foot and skin complications, neuropathy, kidney disease, and stroke. According to the Montana Department of Public Health and Human Services, the incidence of diabetes in Montana has almost doubled in the last nine years: from 4.5% to 8% of adults, which is about 64,000 additional Montanans<sup>ii</sup>. Medical expenses for a person with type 2 diabetes are more than double the cost of those who do not have diabetes.<sup>iii</sup>

Jen MacFarlane, Chronic Disease Program Manager at the Gallatin City-County Health Department, says, “Type 2 diabetes is preventable through lifestyle changes such as healthy eating, physical activity, and weight loss. People who complete a CDC approved diabetes prevention program significantly decrease their risk for developing type 2 diabetes. Our team is here to help!”

The Gallatin-County Health Department is now offering, in both English and Spanish, the Group Lifestyle Balance program, a CDC approved diabetes prevention program. This FREE 12 month program is for anyone at risk of developing diabetes or cardiovascular disease. The 12-month course includes FREE online classes and weekly coaching sessions from a trained lifestyle coach. Participants will make lifestyle changes to meet two main goals: increase physical activity to 150 minutes a week, and lose a minimum of 7% of body weight. With support, both are achievable!

The English cohort begins October 20, 2021, and the Spanish cohort begins November 10, 2021. Both require preregistration and a medical referral. For more information about this program, please call or text Rita at 406-581-1242, or email [maria.rita@gallatin.mt.gov](mailto:maria.rita@gallatin.mt.gov).

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<sup>i</sup> Montana Department of Public Health and Human Services, [Data, Surveillance and Epidemiology \(mt.gov\)](https://data.mt.gov/dataset/data-surveillance-and-epidemiology), August 10, 2021

<sup>ii</sup> Montana Department of Public Health and Human Services, [Improving Diabetes Care in Montana \(arcgis.com\)](https://arcgis.com), August 10, 2021

<sup>iii</sup> Montana Department of Public Health and Human Services, [Improving Diabetes Care in Montana \(arcgis.com\)](https://arcgis.com), August 10, 2021

