

Study: Guidelines Developed to Prevent Heart Disease Also Lower Risk of Diabetes

Adopting healthy lifestyle habits early is critical to diabetes prevention

The Ohio State University Wexner Medical Center

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NEWS PACKAGE


SUGGESTED TEASE	<p>SURE, DIET AND EXERCISE CAN HELP KEEP YOUR HEART HEALTHY, BUT A NEW STUDY SHOWS A HEALTHY LIFESTYLE CAN GO FURTHER THAN YOU THINK IN PREVENTING FUTURE DISEASES. DETAILS, COMING UP.</p>
ANCHOR LEAD	<p>WE ALL KNOW WE SHOULD EXERCISE AND EAT MORE VEGGIES, BUT JUST HOW FAR CAN LIFESTYLE CHANGES GO TOWARD A HEALTHIER FUTURE?</p> <p>BARB CONSIGLIO HAS THE DETAILS ON A NEW STUDY SHOWING THE BENEFITS EXTEND A LOT FURTHER THAN PREVIOUSLY THOUGHT -- IF YOU START EARLY.</p>
(PACKAGE START) ----- CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03 Shots of Tim on elliptical machine CG: Tim Anderson Has Diabetes Shots of Tim testing blood sugar CG: Dr. Joshua J. Joseph Ohio State Wexner Medical Center Graphic listing Life's Simple 7	<p>(Nats - Sound) :02</p> <p>AFTER DOCTORS DIAGNOSED TIM ANDERSON WITH DIABETES, HE KNEW HE NEEDED TO MAKE SOME CHANGES. :05</p> <p><i>"Once I figured out how to take care of myself I was able to do that, but it was so much work."</i> :09</p> <p>TIM MANAGES HIS DISEASE WITH MEDICATION, AND HE ALSO FOLLOWS LIFESTYLE GUIDELINES DEVELOPED BY THE AMERICAN HEART ASSOCIATION. :07</p> <p><i>"Life's Simple Seven are seven factors that we know have a lot of evidence to show that they really lower the risk of cardiovascular disease, long term."</i> :09</p> <p>THEY INCLUDE HAVING HEALTHY NUMBERS WHEN IT COMES TO BLOOD PRESSURE, CHOLESTEROL AND BLOOD SUGAR, AS WELL AS EATING WELL, MAINTAINING A HEALTHY WEIGHT, NOT SMOKING AND STAYING ACTIVE.</p>

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Shots of Dr. Joseph working in office	AND WHILE THEY ARE PROVEN TO PREVENT HEART DISEASE, IN A NEW STUDY, DOCTOR JOSHUA JOSEPH AND HIS TEAM AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER FOUND ADULTS WHO FOLLOWED AT LEAST FOUR OF THE GUIDELINES ALSO REDUCED THEIR RISK OF DIABETES BY EIGHTY PERCENT. :23
Shots of Tim and wife chopping fruit, making smoothies	(Nats - turning on blender :01)
Shots of Tim exercising	JOSEPH SAYS PREVENTION IS KEY. THE STUDY FOUND THOSE WHO STARTED FOLLOWING LIFE'S SIMPLE SEVEN AFTER THEY DEVELOPED GLUCOSE ISSUES, MEANING THEY WERE ALREADY DIABETIC OR PREDIABETIC, DID NOT LOWER THEIR RISK. :12
Dr. Joseph (CG'd earlier)	<i>"You want to start these healthy lifestyle factors now so that you can live a long, healthy life, free of cardiovascular disease, cancer, and now we're showing also diabetes."</i> :10
Shots of Tim pouring smoothie in glass	FOR TIM, HIS DIAGNOSIS WAS A WAKE-UP CALL. NOW HE'S A COMMUNITY LEADER, SPREADING THE WORD ON THE IMPORTANCE OF PREVENTION. :08
Tim Anderson (CG'd earlier)	<i>"We invited neighbors and people in the community to come over. And we would have physicians, and we would have people that talked about, we would have tai chi classes, Zumba."</i> :11
Shot of Tim and wife cheers and drink smoothie (PACKAGE END) ----- ANCHOR TAG	AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03 <hr/> ABOUT FOURTEEN PERCENT OF AMERICANS HAVE DIABETES ² , AND EXPERTS SAY ONE OF THE KEYS TO REDUCING THAT NUMBER IS COMMUNITY OUTREACH ABOUT PREVENTION. LOCAL PROGRAMS CAN HELP YOU QUIT SMOKING OR FIND PHYSICAL ACTIVITIES AND HEALTHY FOODS THAT YOU ENJOY TO HELP FORM HABITS THAT BECOME PART OF YOUR EVERYDAY LIFE.

SOCIAL MEDIA

 Share it! Suggested tweet:	Seven lifestyle tips developed to prevent heart disease also drastically reduce the risk of diabetes. A new study from @OSUWexMed finds that to reap the benefits, you should make these changes early, before any health issues develop. http://bit.ly/2KBZ9Ta
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**Suggested post:**

Living by The American Heart Association's Life's Simple Seven is a proven way to prevent heart disease, but a new study by researchers at [The Ohio State University Wexner Medical Center](http://bit.ly/2KBZ9Ta) finds they also drastically reduce your risk of developing diabetes. But to reap the full benefits, make these changes early, before health issues develop. <http://bit.ly/2KBZ9Ta>

EXTRA BITES

CG: Dr. Joshua J. Joseph
Ohio State Wexner Medical Center

Joseph says it's hard to lower your risk with impaired glucose:
"Our research showed really that once you have impaired fasting glucose, it is really hard to lower your risk of diabetes. So catching it early and remaining healthy throughout your life through following Life's Simple 7 is really the way to go."

Joseph says don't wait until you have impaired glucose:
"You want to follow the criteria and really attain those higher levels and stay in the healthy range, not proceed to impaired fasting glucose and then worry about stopping diabetes."

Joseph says find a physical activity you enjoy doing:
"It doesn't really matter what you do, whether it's aerobic physical activity, whether it's a more resistance training that you're doing, whether it's walking. Whatever it is, really just thinking about sweating for 30 minutes a day."

CG: Tim Anderson
Has Diabetes

Tim says he passed along what he learned to others:
"I just had a passion to learn more about how to take better care of myself and began to share that information through that passion with other folks who I knew that were struggling."

Tim says there needs to be more emphasis on prevention:
"Until we have that consciousness about being able to prevent disease, as opposed to manage disease, we're going to be in a manage disease state for some time to come."

CG: Tim Anderson
Has Diabetes

Tim says educating the public on prevention is key:
"That's a key component to making sure that what doctors know, healthcare providers know, that there is an engagement in the community that gives folks the kind of empowerment to make those kind of changes."

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References

¹*Ideal Cardiovascular Health, Glycemic Status, and Incident Type 2 Diabetes Mellitus: The Reasons for Geographic and Racial Differences in Stroke (REGARDS)*, **Diabetologia**, Volume 62, Issue 2, Jan. 16, 2019. Online: <http://bit.ly/2KBZ9Ta>.

²*Prevalence of Total, Diagnosed, and Undiagnosed Diabetes Among Adults: United States, 2013–2016*, **Centers for Disease Control and Prevention, NCHS Data Brief No. 319**, September 2018. Online: <https://www.cdc.gov/nchs/products/databriefs/db319.htm>

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