



**FOR IMMEDIATE RELEASE**  
**December 3, 2015**

**For More Information Contact**  
**Public Relations at 508/236-8020**

**STURDY MEMORIAL HOSPITAL'S DIABETES MANAGEMENT  
PROGRAM RECEIVES GRANT FROM COVERYS**

ATTLEBORO, MA, December 3, 2015 – The Diabetes Management Program at Sturdy Memorial Hospital, which is nationally recognized by the American Diabetes Association (ADA), recently received a \$42,900 grant from the Coverys Community Healthcare Foundation to establish a scholarship program at Sturdy to prevent Obesity and Type II Diabetes. The program focuses on seven self-care behaviors for improved health and quality of life: healthy eating, being active, monitoring blood sugar, taking medication, reducing risks, problem solving, and healthy coping. The interactive educational process is led by a certified Diabetes Educator. The Diabetes Educator and the team assess, identify and assist people with diabetes and help their families be better informed on ways to manage diabetes and prevent devastating complications such as heart disease, blindness and loss of limbs.

To enhance the Hospital's efforts to reach as many eligible patients in its service area treat this disease, Sturdy has partnered with the Attleboro and Hockomock Area YMCAs, allowing Sturdy physicians to refer patients they have diagnosed as pre-diabetic to the Diabetes Prevention Program. Sturdy will use the Coverys grant to establish a scholarship program that will enable patients to enroll in the YMCA Diabetes Prevention Program, at no cost to them. With the financial barrier minimized, Sturdy's Diabetes Management Program can better help those at risk to obtain the education, support and care they need to live healthier and more productive lives. This scholarship program is an important part of Sturdy's comprehensive diabetes and obesity prevention and care program.

According to the ADA, 25.8 million children and adults in the U.S., or 8.3% of the population, have diabetes. 18.8 million people are formally diagnosed and another 7.0 million people are undiagnosed. They also estimate that 79 million people have pre-diabetes.

To learn more about Sturdy's Diabetes Management Program, please call **508-236-7151** or visit [www.sturdymemorial.org](http://www.sturdymemorial.org).

Sturdy Memorial Hospital is a full-service, independent, financially stable, not-for-profit acute care community hospital in Attleboro, Massachusetts.

###