



Marian Medical Center

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NEWS RELEASE

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Marian's Diabetes Education Center Earns Prestigious American Diabetes Association Recognition

Marian Medical Center's diabetes education program receives esteemed recognition by American Diabetes Association for providing high-quality self-management education services

SANTA MARIA, CA – (December 22, 2009) – Marian Medical Center's Diabetes Education Center was recently awarded its second Educational Recognition by the American Diabetes Association, the leading quality assurance mechanism for diabetes self-management education programs across the country.

Marian's diabetes education program was originally awarded Educational Recognition in 2006 for a three-year period and continues to offer high-quality diabetes education to the Santa Maria and surrounding communities. Marian's Diabetes Education Center is one of 2,046 programs nationwide which have received recognition by the American Diabetes Association and is the only diabetes education program within Northern Santa Barbara County.

Educational Recognition from the American Diabetes Association means that through rigorous and thorough review Marian's Diabetes Education Center has proven to surpass the national standards for Diabetes Self-Management Education. Educational Recognition also signifies that the diabetes education program at Marian offers a staff of knowledgeable health professionals who provide state-of-the-art diabetes self-management instruction.

“Recognition by the American Diabetes Association guarantees that the local community is provided with a quality-driven diabetes education program,” Sheri Etheredge, Registered Dietitian and Certified Diabetes Educator, Marian Diabetes Education Center Coordinator, said. “By taking advantage of the education opportunities Marian's Diabetes Program offers, individuals will increase their ability to be in control of the disease and live a healthy life.”

Participants of the program receive education to help develop and improve patient self-care skills which are essential to diabetes management. Program participants receive knowledge in the content areas of disease process, treatment options, nutritional management, exercise/activity, stress/psychosocial adjustments, behavior change strategies, diabetes medications, self-monitoring, acute complications and chronic complications.

According to the American Diabetes Association, there are 20.8 million people (seven percent of the U.S. population) who have diabetes. While an estimated 14.6 million have been diagnosed, there are 6.2 million people who are not aware that they have the disease. Each day approximately 4,110 people are diagnosed with diabetes. Many first learn that they have the disease after treatment for one of its life-threatening complications (heart disease, stroke kidney disease, blindness, nerve disease or amputations). Since 1987 the death rate due to diabetes has increased by 45 percent, while the death rates of heart disease, stroke and cancer have declined.

For more information on the recent Educational Recognition from the American Diabetes Association or to participate within the program please call Marian's Diabetes Education Center at (805) 739-3791.

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About Marian Medical Center

Located in Santa Maria, California, Marian Medical Center is a not-for-profit hospital founded by the Sisters of Saint Francis in 1940. Our team of 1,300 employees and more than 260 physicians work daily to extend the mission of providing compassionate, high quality health care services to the Santa Maria Valley and surrounding communities. Marian Medical Center is a member of Catholic Healthcare West, the largest Catholic healthcare system based in the Western United States with 40 hospitals and medical centers in California, Arizona and Nevada. For more information about Marian Medical Center or Catholic Healthcare West, visit our website at www.marianmedicalcenter.org.