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**FOR IMMEDIATE RELEASE**

## **April is Defeat Diabetes Month** ***Legacy Community Health offers prevention tips for families***

Houston, TX – (April 7, 2022) - Spring is here and families are excited to celebrate the nicer weather with picnics and Easter egg hunts, but what foods should we be preparing for these outings to keep our families healthy? Or what activities can we plan that will get us back on our feet?

April is Defeat Diabetes Month and Legacy wants to help people of all ages prevent this disease.

According to the Defeat Diabetes Foundation, “Type 2 diabetes now crosses all divides and is an unquestionable global epidemic. Type 2 diabetes has become pervasive within poorer communities, minority populations and developing world countries. And no longer does type 2 diabetes develop only in adults; children are increasingly at risk, as childhood obesity spirals out of control.”

Legacy Community Health Medical Director of Family Practice Dr. Amelia Averyt has helped patients manage their diabetes and improve their health. “Prevention starts at an early age and often takes whole families making healthy changes,” says Dr. Averyt. “There are healthy options in all cultures and we can find a way to eat healthfully and live actively in a way that fits our personal and family preferences, budgets, and time.”

Here are some tips Dr. Averyt recommends to families for preventing diabetes in all ages:

- Get your kids involved with shopping and food preparation at an early age. Have them choose between healthy options to get their buy-in. Many kids enjoy sharing the health information they learn at school with their families and being the reason for change.
- Find an activity that is fun and social. Think family or friend bike rides, games of tag, or even dance parties in the living room.
- Focus on key high-impact changes:
  - Work toward eliminating sugar sweetened beverages (including juice, soda, sweet tea etc.)
  - Focus on fresh, whole, and unprocessed foods when you can. Try to shop mainly on the periphery of the grocery store – fresh produce, whole grains, and lean proteins.
  - Get moving! Do an activity every day that gets your heart rate up and brings you joy.
  - Celebrate the victories and don’t sweat the setbacks. Success will come with maintaining change over many years, not just day to day.
- Know your risk factors and get tested for prediabetes and diabetes.
- Meet with your health care team to discuss how to prevent, treat, and defeat diabetes.

If you'd like more health advice, Legacy is available to help. Call 832.548.5000 or visit Legacy CommunityHealth.org to make an appointment.

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**About Legacy Community Health, Inc.:**

Legacy Community Health is a full-service health care system comprised of over 50 locations in the Texas Gulf Coast region offering primary and specialty care, as well as pharmacy services. For over 40 years, Legacy has been innovating the ways we provide comprehensive, quality health care services to underserved communities. As the largest Federally Qualified Health Center (FQHC) in Texas and a United Way affiliated agency since 1990, Legacy ensures its services and programs are open to all, regardless of the ability to pay—without judgment or exception. To learn more, visit [www.legacycommunityhealth.org](http://www.legacycommunityhealth.org).