

HEALTH CARE INC. NORTHWEST

May 1, 2018



How a Portland University is Tackling Diabetes...Naturally

By Elizabeth Hayes – Staff Reporter, Portland Business Journal

The National University of Natural Medicine will soon launch a yearlong diabetes prevention program recognized by the Centers for Disease Control and Prevention, the only natural medicine clinic in the U.S. to offer the curriculum.

The program, which kicks off on May 15 at NUNM's Helfgott Research Institute, provides 22 sessions of behavioral and nutritional counseling in a group setting. It is designed to prevent type 2 diabetes for those who are prediabetic or at risk. The focus is on diet, movement and stress management.

"Diabetes can be preventable, it can be delayed," said WendyLeigh White, a naturopathic doctor and faculty member, is leading the prevention program. "It doesn't have to be a sentence."

While one in three adults are at risk of developing diabetes, prediabetics who engage in a structured lifestyle change program can cut their risk by 58 percent, White said.

"We take food and movement and stress management and make it holistic," White said. "It's not just about counting calories."

The CDC will collect data on program outcomes for the Centers for Medicare and Medicaid Services. This is the first time CMS has approved a natural medicine clinic for its diabetes prevention program, according to NUNM.

Most insurance plans cover the sessions, but for those without insurance, each class costs \$25.