



**NORTH CANYON**  
MEDICAL CENTER

**September 27, 2016**

**FOR IMMEDIATE RELEASE**



## **NORTH CANYON MEDICAL CENTER'S DIABETES EDUCATOR AWARDED LIFESTYLE COACH OF THE MONTH**

**North Canyon Medical Center (NCMC) is proud to announce Diabetes Educator Merri Ann King was recently awarded the Lifestyle Coach of the Month by the Idaho Department of Health & Welfare Diabetes Prevention Program.**

**Having been a Registered Nurse for 23 years, Merri Ann has spent the past 8 years putting her passion into the diabetes programs at NCMC. In 2015 she brought the Diabetes Prevention Program to the hospital and it has grown significantly in only 18 months. Thirty three participants have completed the program and 27 others are currently enrolled. She has seen the success of early intervention for those with pre-diabetes. "It is so exciting to have people see their own success and feel so much better about themselves. Others tell me their physician told them their blood glucose is doing great and wonder what they are doing," she stated.**

**The NCMC Diabetes Prevention program is a 12 month commitment where participants learn lifestyle changes to prevent the progression into Diabetes, how to increase daily physical activity and how to improve food choices. Participants receive a free membership to the local fitness center along with 22 lifestyle training classes.**

**"It is an honor to see the State recognize Merri Ann's efforts as a lifestyle coach. She has single handedly taken on this program and had incredible success. The passion she has for her work is to be commended," stated NCMC CEO Tim Powers.**