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**FOR IMMEDIATE RELEASE**

## **Lufkin Students Take Part in State Diabetes Pilot Project**

LUFKIN, TEXAS (March 20, 2008)...Does a community based lifestyle education program improve health care status in a group of children at increased risk for diabetes? That is the question the Children's Lifestyle Intervention Program (CLIP) attempts to answer.

The CLIP study kicked off today at the Lufkin Middle School with all 6<sup>th</sup> graders participating in a presentation by local medical experts and governmental leaders. State Representative Jim McReynolds, Dr. Jeffrey Glass, Dr. Lance Sloan, and Tim Scallon, Director of Clinical Nutrition at Memorial Health System of East Texas presented information to the students on how physical activity and sound nutrition can lead to a healthy lifestyle. All 6<sup>th</sup> graders were given arm bands with the words "Power of Choice" imprinted on them as a reminder that they have the power to choose a healthy lifestyle.

The CLIP Study is a pilot study led by Memorial Health System of East Texas on prevention and treatment of diabetes. This study is Memorial's response to House Bill 3735, carried by Representative Jim McReynolds, which passed in 2007.

Lufkin Middle School 6th graders form the study group and Livingston Middle School 6th graders make up the control group for the study. Both groups were screened for potential risk of developing diabetes. The Lufkin study group will have a 9 week lifestyle education program inserted into their regular curriculum. This includes providing pedometers (donated by the American Association of Clinical Endocrinologists) to all Lufkin students. The control group, Livingston Middle School 6<sup>th</sup> graders, will not receive the education segment. At the end of the 9 week program, those at highest risk will be screened again to evaluate the impact of the lifestyle education program.

Those involved in the study include Dr. Lance Sloan, Dr. Jeffrey Glass, and Dr. Ghazala Khan. These physicians guided the development of the study. Tim Scallon, Director of

Clinical Nutrition; Ethel Ballenger, Coordinator for Horace C. Polk Jr. Regional Diabetes Center; and Deborah Brantley, Educator for Horace C. Polk Jr. Regional Diabetes Center are coordinating the efforts of the Polk Diabetes Center, Lufkin Middle School and the medical team.

**Cut line:**

Memorial Health System of East Texas and Lufkin 6<sup>th</sup> Graders kicked off the Children's Lifestyle Intervention Program (CLIP) study today with an assembly at the Lufkin Middle School Auditorium. Representative Jim McReynolds, Dr. Jeffrey Glass, Dr. Lance Sloan, and Tim Scallon, Director of Clinical Nutrition MHSET, spoke to the students about making good choices for a healthy lifestyle. Among those participating in the CLIP program are (back row l to r) Mayor Jack Gordon, Dr. Jeffrey Glass, Representative Jim McReynolds, and Tim Scallon (Front Row l to r) Vickie Evans, Principal Lufkin Middle School; Dr. Lance Sloan, Ethel Ballenger, Deborah Brantley, and Dr. Ghazala Khan.

**About Memorial Health System of East Texas**

As the largest health care system in the deep East Texas area, Memorial Health System of East Texas is a private, not-for-profit hospital that provides care to almost a quarter of a million patients each year. Since its inception in 1949, Memorial Health System has paved the way for quality, innovative health care in East Texas. In fact, Memorial consistently ranks among the nation's best for exceptional health care and patient satisfaction.

Memorial Health System of East Texas is comprised of four hospitals—Memorial Medical Center—Lufkin, Memorial Medical Center—Livingston, Memorial Medical Center—San Augustine, and Memorial Specialty Hospital, the only rural long-term acute care facility within the area. Memorial offers a wide array of services, including the newly renovated Arthur Temple, Sr. Regional Cancer Center, which has earned a three-year seal of approval with commendation from the Commission on Cancer. Additionally, Memorial is a regional cardiac care center affiliated with the Methodist-DeBakey Heart Center in Houston. The hospital also is known for providing the area's only comprehensive diabetes center—The Horace C. Polk Regional Diabetes Center. Other centers of excellence include the Temple Imaging Center that offers some of the most advanced procedures in the area, including PET/CT scanning for cancer and Alzheimer's, 64 Slice CT scanning, Open Bore MRI, 4D Ultrasound, and digital mammography. Other specialty areas include Orthopedic care, Women's Services, Inpatient and Outpatient Rehabilitation, Homecare, Wound and Hyperbaric Therapy, Kidney & Diabetes Treatment, Sleep Disorders Treatment, and Express Lab. Memorial Health System of East Texas—founded and funded by the people it serves.