



For Immediate Release

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Nashville General Hospital Opens Unique Lifestyle Center

*Center Offers Program to Help Reduce Chronic Disease
Among Davidson County Residents*

Nashville, Tenn. (April 10, 2007)--Nashville General Hospital at Meharry (NGH) is pleased to announce that on April 18 it will open the Center for Lifestyle and Health Management, located at 337 21st Avenue North. The Center will provide services for people who are at risk for developing or have been diagnosed with diabetes and/or cardiovascular disease due to obesity, high blood pressure and elevated blood sugars levels.

The Center will offer education and treatment services including individualized lifestyle assessments, weight loss plans, strategies to enhance physical activity, customized nutritional plans and educational classes to increase awareness of high blood pressure and diabetes.

Through an initiative started by Congressman Jim Cooper, NGH was selected by the Centers for Disease Control and Prevention (CDC) to lead a national pilot program to help those at risk for chronic disease and was awarded a \$3 million grant to support the opening of the new Center. This grant funded program is for Davidson County residents with an emphasis on residents who live in the North Nashville area.

“NGH is the first hospital in the country to be selected for this program and we are excited to open the Center,” said Reginald W. Coopwood, M.D., FACS, chief executive officer of the Metropolitan Hospital Authority. “We are committed to making a difference in the lives of area residents who are threatened by chronic disease.”

“Residents of north Nashville are at particularly high risk for obesity, which can lead to hypertension, coronary heart disease and stroke. About 40 percent of adults ages 40-74 currently have pre-diabetes,” said Darryl Jordan, M.D. chief medical officer at NGH. “If we can educate the at-risk

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population about how to prevent cardiovascular disease and diabetes and encourage physicians to talk to their patients about the risk factors, I believe we can make a difference in the overall health of Nashvillians.”

“This is an exciting effort and a further indication of Nashville’s lead position as a city of healthcare innovation,” said Mayor Bill Purcell. “I want to thank Congressman Cooper for his work to involve the CDC and I want to congratulate Nashville General for the opportunity to lead the nation in the fight against chronic disease.”

The Center for Lifestyle and Health Management will host a public open house on April 17, from 8am to 5pm and will officially open on April 18. Regular hours will be Monday through Friday from 8am to 5pm. The Center will operate in partnership with Meharry Medical College. For more information, please contact The Center for Lifestyle and Health Management at 615-341-4899.

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