

## PRESS RELEASE

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FOR IMMEDIATE RELEASE

### **CDC Recognizes American Cosmetic Association for Diabetes Prevention Program While Promoting a “Healthy Beauty Inside & Out”**

[March 27, 2023, Harrisburg, PA] - The American Cosmetic Association (ACA), an aesthetic medical, surgical, dental, professional and patient association announced its recognition by the Centers for Disease Control and Prevention (CDC) for its new CDC-guided National Diabetes Prevention Program. This recognition signifies ACA’s commitment to helping to prevent diabetes – while launching its new campaign, *“Healthy Beauty Inside & Out.”*

External beauty, such as flawless skin, shiny hair, or toned body, is a result of a healthy lifestyle, including proper nutrition, exercise, hydration, and sleep. By prioritizing self-care and nurturing the body's internal health, individuals can achieve a more sustainable and long-lasting beauty that goes beyond the surface level. The Healthy Beauty Inside & Out campaign includes the CDC-approved Diabetes Prevention Program curriculum as well as information on nutrition, sleep and exercise.

People with prediabetes — with higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes can be diagnosed with type 2 diabetes within 5 years.

The CDC’s [National Diabetes Prevention Program](#) is a national program designed to help organizations like ACA deliver evidence-based, lifestyle change interventions that can help prevent or delay type 2 diabetes. ACA’s program is designed to promote healthy eating, physical activity, and weight loss for individuals at high risk for developing type 2 diabetes.

***“Total body beauty starts with taking care of yourself from the inside out.”***

"We are thrilled to receive this recognition from the CDC," stated the Board of American Cosmetic Association. "Our Diabetes Prevention Program is just one of the many ways that we are working to improve the overall health and well-being. We believe that total body beauty starts with taking care of yourself from the inside out, and this program is a great example of that."

Through its Diabetes Prevention Program, ACA is providing patients with the tools and resources they need to make healthy lifestyle changes that can help prevent or delay the onset of type 2 diabetes. This program includes coaching sessions, personalized support, and ongoing follow-up to help patients stay on track and achieve their goals.

The program equips its participants with knowledge on how to adopt a healthy diet, integrate physical exercise into their daily routine, handle stress, stay driven, and tackle hurdles that may impede their progress towards a healthier lifestyle.

"We are committed to making a difference, and we are proud to be recognized by the CDC for our efforts," added the Board of Directors. "We hope that this recognition will help us to reach even more individuals who are at risk for type 2 diabetes and help them make positive changes in their lives."

Learn more about the [American Cosmetic Association](#), its [Diabetes Prevention Program](#) and the [Healthy Beauty Inside & Out](#) campaign.

American Cosmetic Association

[www.cosmeticassociation.org/](http://www.cosmeticassociation.org/)

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COSMETIC  
ASSOCIATION

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*The mission of American Cosmetic Association (ACA) is to improve aesthetics, wellness and confidence by increasing awareness and access to cosmetic options and information. ACA is a multi-disciplinary effort comprised of physicians, surgeons, dentists, scientists and cosmetic & aesthetic professionals with the goal of providing the most comprehensive and reliable source of information relating to plastic & cosmetic surgery, cosmetic dentistry, cosmetic dermatology and cosmetic products. ACA is also comprised of patients and general public who benefit from the effort of these professionals.*

*National Diabetes Prevention Program is led by the Centers for Disease Control and Prevention (CDC). It is proven to prevent or delay the onset of type 2 diabetes. Research shows that modest behavior changes, such as making better food choices and increasing physical activity, reduced the risk of developing type 2 diabetes by 58 percent in people at high risk for developing this disease. The National Diabetes Prevention Program brings together federal agencies, community-based organizations, faith-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes.*

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