



**FOR IMMEDIATE RELEASE**

## **Marlene Lesson Achieves Certified Diabetes Educator Status**

**DURHAM, NC (August 30, 2006)** — Structure House<sup>®</sup>, the premier residential weight loss facility in North Carolina, is proud to announce that Marlene Lesson has achieved Certified Diabetes Educator (CDE<sup>®</sup>) status. Marlene is a Registered Dietitian and Licensed Dietitian/Nutritionist for Structure House.

The National Certification Board for Diabetes Educators (NCBDE) announced that Marlene earned the CDE status by successfully completing the Certification Examination for Diabetes Educators. Candidates must meet rigorous credential and professional practice experience requirements to be eligible to take the examination. Achieving the CDE credential demonstrates to patients and employers that the health care professional possesses distinct and specialized knowledge, thereby promoting quality of care for patients with diabetes. There are currently more than 14,000 diabetes educators who hold the CDE credential.

"Marlene has been with us for many years and has contributed tremendously to our nutritional programs at Structure House," said Dr. Gerard J. Musante, Ph.D., founder of Structure House. "We are extremely proud of Marlene's recent accomplishment and know that our diabetic participants will benefit from her ability to provide specialized care."

Marlene has been the Nutrition Director at Structure House for more than 22 years. She is a member of the American Dietetic Association, the Weight Management and Diabetes Care and Education Practice Groups of the American Dietetic Association, the Durham/Chapel Hill Dietetic Association, and the North Carolina Dietetic Association. Marlene oversees the daily operation of the nutrition program, provides individual counseling and functions as the leader of nutrition workshops. She contributes to ongoing program development and participates in overall treatment as a member of the interdisciplinary treatment team.

Marlene has published numerous articles on nutrition and has been featured in academic journals as well as the popular press. She is a co-author of the professional paper, "Weight Loss Expectations of Obese, Residential Treatment-Seeking Men and Women," presented at the meeting of the Society of Behavioral Medicine. Marlene has a graduate degree in Human Nutrition and Foods at Virginia Polytechnic Institute and State University and an undergraduate degree in Fine Arts and Art History at the University of Maryland.

### **About NCBDE**

NCBDE was established in 1986 to develop and administer a certification program for health care professionals who teach individuals with diabetes how to manage their disease. NCBDE is dedicated to promoting excellence in the field of diabetes education through the development, maintenance, and protection of the CDE credential and the certification process. NCBDE supports the concept of voluntary, periodic certification for all diabetes educators who meet credential and experience eligibility requirements. For more information, visit the web site at [www.ncbde.org](http://www.ncbde.org) or call the national office at 847-228-9795.

### **About Structure House**

Structure House, a residential weight loss facility in Durham, N.C., offers a unique, behavioral approach to weight loss and healthy lifestyle change. The facility integrates principles of nutrition and exercise with psychology in a treatment approach designed to transform the eating habits and lifestyles of overweight individuals. Founder, Dr. Gerard J. Musante, a renowned clinical psychologist, was the first person to

adapt the principles of behavior modification to the eating habits of significantly overweight people and food abusers. Since 1977, Structure House has helped more than 30,000 people from all 50 states and 35 nations battling obesity. The name Structure House underscores the critical role structure plays in achieving long-term weight loss. For more information, visit [www.structurehouse.com](http://www.structurehouse.com)

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