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20 Ridge Road
Mahwah, NJ 07430

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Media Contact: [Evelyn Weiss Francisco](#) (201) 796-7788



Diabetes Foundation to Honor Lindsey Inserra-Hughes as Recipient of Young Professionals Award

Lindsey Inserra-Hughes, an executive with ShopRite Inserra Supermarkets, her family's supermarket chain, will receive the Diabetes Young Professional Award from the Diabetes Foundation at its annual awards dinner. The event will be held Thursday evening, April 30th at the Hilton Parsippany.

In addition, the evening will include *Dancing for Diabetes*, a dynamic dance competition starring members of the pharmaceutical and medical industry. Dancers, who have been training for months with their professional partners, will compete for the coveted "mirror ball" trophy.

Since 1990, the Diabetes Foundation has served low-income, uninsured and under-insured patients with medication and supplies, offered patient support services that provide patients with information and resources for diabetes management, hosted diabetes public education programs, and provided scholarships for children to attend diabetes camp.

"Lindsey has taken her own experiences as a Type 1 diabetic into helping others," said Roberta Schmidt, Executive Director of the Diabetes Foundation. "She's taken a negative and turned it into a positive by becoming a terrific role model who is truly making a difference for others."

A resident of Mahwah, Inserra-Hughes co-founded the organization ACT1: Adults Coping with Type 1 Diabetes, which provides such services as support groups, meet-ups and an online community focused on supporting others in a positive way. She is the Young Professional Chair of the Northeast Board of the Diabetes Research Institute, a cure-focused organization that is working to cultivate the next generation of supporters needed to raise the funds to cure this disease.

Additionally, she has been active in the battle against food instability and hunger, working with Table to Table, an organization dedicated to delivering food to those most in need.

Inserra-Hughes, 30, was a social worker at Bellevue Hospital in New York City and Hoboken University Medical Center before entering her family's business two years ago. A graduate of New York University, she works as Inserra Supermarket's VP of Corporate Health and Wellness. In this capacity, she supervises a team of eight registered dietitians.

"The work we do encompasses my knowledge as a Type 1 diabetic, with the objective of bringing healthy food and lifestyle changes to those who would not otherwise be able to afford these services," she said. "Our dietitians work in our stores with a Certified Diabetes Educator provided by the Diabetes Foundation to give free diabetes classes, healthy eating information, weight loss programs, cooking demos and one-on-one consults."

Diabetes affects nearly one million people in New Jersey. It can lead to heart disease, kidney failure, blindness and stroke, and is the third leading cause of death by disease in the United States.

For more information on the dinner, including advertising and sponsorships, contact the Diabetes Foundation at 201-444-0337, or visit diabetesfoundationinc.org to learn more about the organization.

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