



**Public Health**  
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Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

**JANUARY 10, 2017**

## **PROVEN APPROACH TO PREVENTING TYPE 2 DIABETES COMES TO FREDERICK COUNTY**

*Prevent T2 Program Participants Learn How to Make Healthy Changes Together*

**FREDERICK, MD** -- Prediabetes is a serious condition affecting approximately 1 out of 3 American adults. People with prediabetes have higher than normal blood sugar levels and are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood sugar levels. In fact, many people with prediabetes can be diagnosed with type 2 diabetes within just 5 years. The Preventive Health Program of the Frederick County Health Department is addressing the issue of diabetes by implementing a Centers for Disease Control and Prevention (CDC) lifestyle change program that is proven to prevent or delay type 2 diabetes.

The [PreventT2 program](#) utilizes a trained lifestyle coach to guide groups of participants through the development of new skills that will enable them to make lasting changes such as losing a modest amount of weight. Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that may otherwise prevent healthy changes. Together, participants celebrate their successes and find ways to overcome obstacles.

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Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer

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***Interested community members are invited to learn more at our Prevent T2 Orientation on January 24, 2017 at 6:15 pm.***

**WHAT:** The PreventT2 program is part of the National Diabetes Prevention Program, led by the CDC. PreventT2 is based on research which showed that individuals with prediabetes can reduce their risk for developing type 2 diabetes by 58% by losing 5 to 7 percent of their body weight (that's 10 to 14 pounds for a 200-pound person). PreventT2 groups meet for a year — weekly for approximately 4 months then once or twice a month to maintain healthy lifestyle changes.

**WHY:** Nationwide implementation of the program could greatly reduce future cases of type 2 diabetes, a serious condition that can lead to health problems including heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs. Research shows that adults can delay or avoid developing type 2 diabetes by losing weight through regular physical activity and healthy eating.

**WHERE:** The PreventT2 program is being offered at no cost by the Frederick County Health Department. This has been made possible by a grant received from the Maryland Department of Health and Mental Hygiene.

**WHEN:** Space is limited. To reserve your space and determine eligibility, call Christine Pelkowski at 301-600-3113. Registration for Prevent T2 will take place at orientation, which is scheduled for January 24, 2017 from 6:15 - 7:30 pm at the Frederick County Health Department, 350 Montevue Lane, Frederick, MD. Use entrance C.

For additional information about the program, contact Lakisha Harris, Prevent T2 Coordinator, at 301-600-3335 or [LHarris@FrederickCountyMD.gov](mailto:LHarris@FrederickCountyMD.gov).

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