



**Public Health**  
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Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

**SEPTEMBER 12, 2017**

## **YOU CAN REDUCE YOUR RISK FOR TYPE 2 DIABETES**

Orientation for Diabetes Prevention Program scheduled for  
September 25 at Waverley Elementary

**FREDERICK, MD** – The Frederick County Health Department is accepting new participants into their next “Prevent T2” diabetes prevention class. Those who are interested in making lifestyle changes to reduce their risk for type 2 diabetes are invited to attend orientation on September 25, 2017 at 9:00 am.

The [PreventT2 program](#) utilizes a trained lifestyle coach to guide groups of participants in 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, and stay motivated. Together, participants celebrate their successes and find ways to overcome obstacles.

**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.

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**WHY:** Prediabetes is a serious condition affecting approximately 1 out of 3 American adults. One of the risk factors for type 2 diabetes is being overweight. In Frederick County the percentage of adults who are overweight has increased from 34% in 2011 to 39% in 2014 and is now higher than Maryland (35%).

**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.

**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 September 25, 2017 at 9:00 am at Waverley Elementary School, 201 Waverley Drive, Frederick, MD.

For additional information about the program, contact Lakisha Harris, Prevent T2 Coordinator, at 301-600-3335 or [LHarris@FrederickCountyMD.gov](mailto:LHarris@FrederickCountyMD.gov) or visit us at <http://health.frederickcountymd.gov/PreventT2>.

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