



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

OCTOBER 5, 2017

YOU CAN REDUCE YOUR RISK FOR TYPE 2 DIABETES

Orientation for Diabetes Prevention Program scheduled for
October 19 at TransIT Main Office

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 October 19, 2017 at 11:00 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 starting with weekly classes for approximately 4 months then once or twice a month to maintain healthy lifestyle changes.

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WHERE: Orientation will be held at the TransIT Main Office, 1040 Rocky Springs Rd., Frederick, MD. This 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: October 19, 2017 at 11:00 am

Space is limited. To reserve your space and determine eligibility, call Christine Pelkowski at 301-600-3113.

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%).

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

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