



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

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YOU CAN REDUCE YOUR RISK FOR TYPE 2 DIABETES

Orientation for Diabetes Prevention Program scheduled for September 5 at the
Frederick Senior Center

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 5, 2018 at 5:00 pm.

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. According to the most recent data available, over a third (34%) of adults in Frederick County are overweight and 27% are obese.¹

WHO: Any adult who has been diagnosed with prediabetes or is at risk for type 2 diabetes. Unsure if you're at risk? Take this [risk test](#) or call 301-600-3113 in order to be screened.

WHERE: Registration for Prevent T2 will take place at orientation, which will be held at the Frederick Senior Center, 1440 Taney Ave., Frederick, MD.

WHEN: September 5, 2018 at 5:00 pm

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

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. For additional information about the program, visit <http://health.frederickcountymd.gov/PreventT2>.

- 1- Maryland Behavioral Risk Factor Surveillance System. (2017). *2015 Maryland Behavioral Risk Factor Surveillance System: Statewide and county-level estimates For non-institutionalized Maryland adults ages 18+*. Retrieved from Maryland Department of Health website: https://phpa.health.maryland.gov/ccdpc/Reports/Documents/MD-BRFSS/2015_MD_BRFSS_County_Level_Data_Tables.pdf

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