



**Public Health**  
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Frederick County Health Department

# News Release

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**FOR IMMEDIATE RELEASE:**

**DECEMBER 11, 2018**

## **TAKE CHARGE OF YOUR HEALTH IN 2019!**

Program for High Blood Pressure and Diabetes Launching January 11 -  
Sign Up Today!

**FREDERICK, MD** – The Frederick County Health Department is accepting new participants into their next “I’m Living Healthy” program. “[I’m Living Healthy](#)” is for adults who are at risk for or diagnosed with high blood pressure or diabetes.

**WHAT:** “I’m Living Healthy” is a no cost program that increases clients’ confidence, motivation, and readiness for making decisions and taking action to change their health.

Clients receive 4 weeks of educational classes on a variety of topics related to diabetes and hypertension followed by 4 weeks of group coaching with a Registered Nurse and Community Health Educator.

**WHEN:** The next 8-week program begins January 11, 2019. Sessions will be held on Fridays from 2:00-3:00 pm at the Frederick County Health Department. Pre-enrollment is required.

**HOW:** To determine eligibility and enroll, call Christine Pelkowski at 301-600-3113 or email [CPelkowski@FrederickCountyMD.gov](mailto:CPelkowski@FrederickCountyMD.gov). Space is limited.

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**WHY:** Diseases of the heart and diabetes are among the top 10 leading causes of death in Frederick County.<sup>1</sup> These conditions contribute to serious illness and disability and decreased quality of life.

Additionally, preliminary results from the Frederick County 2018 Community Health Assessment show that the majority of respondents (62%) report getting 15 minutes or less of exercise a day.<sup>2</sup> Low levels of physical activity increase one's risk for health problems like high blood pressure and diabetes.

For more information, contact Christine Pelkowski at [CPelkowski@FrederickCountyMD.gov](mailto:CPelkowski@FrederickCountyMD.gov) or call 301-600-3113 or [visit our website](#).

<sup>1</sup> [2017 Community Health Assessment Interim Report](#)

<sup>2</sup> Frederick County Health Department, Office of Planning, Assessment and Communication

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