

**Frederick County Health Department
Cancer and Chronic Disease Prevention
Community Health Services
LIST OF LOCAL LIFESTYLE CHANGE PROGRAMS**

The Lifestyle Change Programs listed below are available to community members in Frederick County. These programs offer education and support to help you make positive lifestyle changes that may prevent and/or better manage different chronic conditions, such as diabetes and high blood pressure. If you are interested in a program or want to learn more, please contact the program directly to find out if you qualify and how you can get started!

- **MDH Directory of Lifestyle Change Programs**

- Visit: <https://health.maryland.gov/phpa/ccdpc>
 - On left navigation bar, select "Local Classes"
 - Select "Find a class"
 - Select the dropdown box next to "Show this WORKSHOP" to find a class near you.

- **Diabetes Prevention Program (DPP)– For adults with prediabetes- ON HOLD- Not accepting referrals at this time**

Frederick Health offers this proven 12-month program can help you make modest lifestyle changes and cut your risk of type 2 diabetic by more than half. With the support of a lifestyle coach and your group members, learn about healthy eating habits, physical activities, stress management, healthy food choices, and how to get back on track with your plan. Other key ideas include tracking for diet and physical activity, setting goals, staying motivated, and overcoming challenges. The program meets for one hour weekly for the first 4 months. After that, meetings are once or twice a month for the remainder of the 12-month period.

- **To find other DPP programs:**
 - Visit the CDC's National DPP Directory- <https://www.cdc.gov/diabetes-prevention/lifestyle-change-program/find-a-program.html>

- **Diabetes Self-Management Program (DSMP)- For adults with diabetes or prediabetes**

This FREE **virtual workshop** for Maryland residents is recommended for adults with Type 2 Diabetes or Prediabetes. A 6-week community-based online workshop to help people manage their diabetes. This interactive workshop is designed to improve individuals' A1C's and reduce the complications associated with diabetes. Monitoring Your Blood Sugar, Menu Planning, Dealing With Stress, Appropriate Exercise, Preventing Or Delaying Complications, Dealing With Depression, Communication With Your Healthcare Provider, Action Planning And Problem Solving.

- **To register or learn more:** <https://mdlivingwell.org/HUB>



- **Diabetes Self-Management Training (DSMT)- For patients with type 1 or type 2 diabetes**

Diabetes Self-Management Training is a preventative service that helps patients manage their diabetes and prevent additional complications. Available to patients with type 1 or type 2 diabetes. Program goals include educating and empowering patients that are diagnosed with diabetes to better manage and control their disease, reduce hospitalizations and complications and reduce costs. Delivered in one on one or group sessions. To learn more, contact:

- Call Frederick Health Medical Group Comprehensive Care Center- 301-360-2574; **Fax referral form** to 301-360-2581.

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- ***Dining with Diabetes (DWD)- For adults living with type 2 diabetes or prediabetes, and their caregivers and families***

This 4-week program, with one follow up class at 3 months, teaches healthy meal planning and other self-management skills. Each class is 2 hours. When offered in person, it includes food preparation demonstrations and tastings. For more information, or to get on a waiting list for the next class, please contact:

- Joi Vogin, Community Educator, University of Maryland Extension, at jvogin@umd.edu or 301-600-3573, or call Ms. Linda Smith at 301-600-1599.

- ***Healthy Hearts Blood Pressure Self-Monitoring Program- For adults with high blood pressure or are taking high blood pressure medication***

This FREE 4-month program is for adults with high blood pressure and provides education and support to encourage routine home blood pressure self-monitoring and tracking. The program includes 8 sessions with nutrition education and support for other healthy lifestyle changes to help control blood pressure. Join other community members in this supportive group setting! To sign up or for more information:



- Visit the [Healthy Hearts webpage](https://health.frederickcountymd.gov/HealthyHeart) at <https://health.frederickcountymd.gov/HealthyHeart>
- Complete a short [online interest form](#) and we will contact you to discuss program and see if you are eligible and answer any questions.
- Contact us at 301-600-3362 or via email at cswank@frederickcountymd.gov.

- ***Tobacco Cessation Program (Smoking & Vaping)- For anyone considering quitting smoking or vaping***

There are lots of different ways to quit. While some people quit “cold turkey”, others choose to get help from proven quit methods such as counseling and medication. You can quit. We can help. Our cessation services are available by phone, text, virtual or in-person.

The Tobacco Prevention and Cessation program offers free tobacco cessation services for Frederick County residents. Adults enrolled in cessation services may be eligible to receive free nicotine replacement therapy (patches, gum, lozenges). To register for services:

- Scan the QR code to go directly to registration form, or visit our webpage at <https://health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program> and click the link provided.
- To find out when the next class is starting or to make an individual appointment, call PJ Miller, at 301-712-7277 or PMiller@frederickcountymd.gov or register using the link above.

