



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

News Release

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FOR IMMEDIATE RELEASE:

AUGUST 5, 2019

YOU CAN REDUCE YOUR RISK FOR TYPE 2 DIABETES

Orientation for Diabetes Prevention Program scheduled for August 20

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 August 20, 2019 at 5:00 pm at the Emmitsburg Osteopathic Primary Care Center.

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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WHO: Any adult who is diagnosed with prediabetes or is at risk for type 2 diabetes. Unsure if you're at risk? Take this [risk test](#) or complete a screening by calling 301-600-3113.

WHERE: Registration for Prevent T2 will take place at orientation, at the Emmitsburg Osteopathic Primary Care Center, 121-123 West Main Street, Emmitsburg, MD.

WHEN: August 20, 2019 at 5:00 pm

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, approximately two thirds of adults in Frederick County are classified as overweight or obese.¹

Space is limited. To reserve your space and determine eligibility, contact Christine Pelkowski at 301-600-3113 or cpelkowski@FrederickCountyMD.gov.

The PreventT2 program is offered at no cost by the Frederick County Health Department. For additional information about the program, visit health.frederickcountymd.gov/PreventT2.

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¹ Maryland Behavioral Risk Factor Surveillance System. (2017). Retrieved from Maryland Department of Health website: <https://ibis.health.maryland.gov/query/result/brfss17/BMI3Cat2AllCat/AgeAdj.html>