



**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

Online Diabetes Prevention Program to Launch September 29

**FREDERICK, MD --** The Frederick County Health Department is accepting participants into their next "Prevent T2" diabetes prevention class- now being offered online. Those interested in making lifestyle changes to reduce their risk for type 2 diabetes are invited to pre-register by calling 301-835-9205. Individuals who qualify will receive a link to participate in the online orientation scheduled for September 29, 2020 at 5:30 pm.

The [PreventT2 program](#) utilizes a trained lifestyle coach to guide groups of participants in the development of skills that will enable them to make lasting changes such as losing a modest amount of weight. Participants learn how to eat healthy more often, add physical activity to their routine, manage stress, and stay motivated. Together, participants celebrate their successes and find ways to overcome obstacles.

**WHAT:** PreventT2 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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Barbara A. Brookmyer, M.D., M.P.H. ▪ Health Officer



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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 301-835-9205.

**WHERE:** Online Prevent T2 groups are live meetings held on a web-based platform (i.e. WebEx). Individuals who qualify and complete the registration process will receive a link to join classes.

**WHEN:** September 29, 2020 at 5:30 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, nearly two thirds of adults in Frederick County are classified as overweight or obese.<sup>1</sup>

Space is limited. To reserve your space and determine eligibility, contact Angela Blair at 301-835-9205 or [ablair@FrederickCountyMD.gov](mailto:ablair@FrederickCountyMD.gov).

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

<sup>1</sup> Maryland Behavioral Risk Factor Surveillance System. (2018). Retrieved from Maryland Department of Health website on 9/17/20: <https://ibis.health.maryland.gov/query/result/brfss18/BMI3Cat1AllCat/AgeAdj.html>

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