

**Frederick County Health Department  
Community Health Services-Preventive Health Team  
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 when the next class is being offered!

- **Diabetes Prevention Program – For adults with prediabetes**

Frederick Health has become a recognized DPP provider and is working to expand the program offerings. Existing DPP providers in the county prior to the Regional Diabetes Partnership Grant included the Frederick County Health Department and the Frederick YMCA. Frederick Health is working alongside its partners to make the Diabetes Prevention Program (DPP) more available to the community. DPP is a 12-month lifestyle change program that meets for one hour weekly for the first 4 months. After that, meetings are once or twice a month for the remainder of the workshop. DPP is currently offered both in-person and in a virtual format. Virtual classes include online (virtual synchronous) and distance learning (virtual asynchronous). Spanish language classes are available. For more information about class times and eligibility, please contact:

- Crissy Barry, DPP Program Coordinator, Frederick Health: 240-215-1458, [cbarry@frederick.health](mailto:cbarry@frederick.health)
- Another entry point into the program: Stop Diabetes campaign – *Quick Risk Test and Navigation Entry Point (Frederick Health)*: [www.frederickhealth.org/stopdiabetes](http://www.frederickhealth.org/stopdiabetes) or use the QR Code:



- **Diabetes Self-Management Program (DSMP) – For adults living with type 2 diabetes or prediabetes, and their caregivers/support people**

This 6-week course is appropriate for people with Diabetes Type 1 or Type 2, prediabetes and caregivers of people with diabetes through Frederick Health’s Care Clinic. Each session is about 2 to 2-1/2 hours long, and currently held in person at the Frederick Health Care Clinic and at Frederick Health Village. Spanish language classes are available.

Other chronic disease workshops offered through Frederick Health’s Living Well program include:

- Chronic Disease Self-Management Program
- Chronic Pain Self-Management Program
- Cancer: Thriving and Surviving
- Stepping On (7-week) – falls prevention
- Stepping Up Your Nutrition (single class)
- Living Well with Hypertension (single class)

To learn more or to sign up, please contact:

- Lisa Allen, Community Programs Coordinator, Frederick Health at [CDSMP@frederick.health](mailto:CDSMP@frederick.health) or call 240-566-4862.

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- **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.

- **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. ***The next new class will start in February 2023.*** 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](mailto:jvogin@umd.edu) or 301-600-3573, or call Ms. Linda Smith at 301-600-1599.

- **Healthy Hearts Blood Pressure Self-Monitoring Program**

This 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. There are 2 monthly check-ins one-on-one with a lifestyle coach, weekly tips and reminders, and monthly nutritional seminars. The program is currently enrolling participants. To sign up or for more information:

- Visit the [Healthy Hearts webpage](#).
- Complete this short [online interest form](#) and we will contact you to discuss program and see if you are eligible.
- Contact Colleen Swank, Program Coordinator, Frederick County Health Department, at [cswank@frederickcountymd.gov](mailto:cswank@frederickcountymd.gov) or 240-357-1161.



(Lifestyle Change Programs in Frederick County-02.15.23)