PRESS RELEASE

FOR IMMEDIATE RELEASE

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Washington County Residents Preventing Type 2 Diabetes with Proven Program

[January 2, 2018, Hagerstown, MD] Community members are gearing up to prevent type 2 diabetes together with the PreventT2 lifestyle change program offered by the Washington County Health Department. Guided by a trained lifestyle coach, groups of participants in PreventT2 will learn the skills they need to make lasting changes that prevent or delay type 2 diabetes such as losing a modest amount of weight, being more physically active, managing stress, staying motivated, and solving problems that can get in the way of healthy changes.

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). The local program, led by a Lifestyle Coach from the Washington County Health Department, will meet at Robinwood Professional Center on Tuesdays from 6:00-7:00pm starting January 8th, 2019. The program is being offered for free to the public. If this class doesn’t fit into your schedule, there are other free classes led by Meritus Health and the Washington County Commission on Aging that will be starting soon. Call 1-888-803-1518 for more details.

People with prediabetes — higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. One in three American adults has prediabetes, so the need for prevention has never been greater especially in Washington County where 34% of the adults are overweight or obese.

PreventT2 groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain healthy lifestyle changes. Together participants celebrate their successes and find ways to overcome obstacles. PreventT2 is based on research that showed that people with prediabetes who lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) by making modest changes reduced their risk of developing type 2 diabetes by 58 percent. Nationwide implementation of the program could greatly reduce future cases of type 2 diabetes, a serious condition that can lead to health problems including heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

People are more likely to have prediabetes and type 2 diabetes if they have all or some of these risk factors:

• Are 45 years of age or older;

• Are overweight;

• Have a family history of type 2 diabetes;

• Are physically active fewer than three times per week; or

• Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.

Take this test to find out if you're at risk: doihaveprediabetes.org.

To participate in the PreventT2 program or ask questions, call 1-888-803-1518.

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The Washington County Health Department exists to promote healthy behaviors, prevent disease and injury, and safeguard the environment. Stay connected: https://washcohealth.org/ and https://www.facebook.com/WashHealth/

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to prevent or delay the onset of type 2 diabetes. Research shows that modest behavior changes, such as making better food choices and increasing physical activity, reduced the risk of developing type 2 diabetes by 58 percent in people at high risk for developing this disease. The National Diabetes Prevention Program brings together federal agencies, community-based organizations, faith-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes. www.cdc.gov/PreventT2