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PREVENT TYPE 2 DIABETES WITH NATIONAL DIABETES PREVENTION PROGRAM



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Milton, FL - Seats are still available for the next session of the National Diabetes Prevention Program offered by the Florida Department of Health in Santa Rosa County. The Fall class begins October 13 and will meet Thursday afternoons from 4:00 p.m. to 5:00 p.m. at the Florida Department of Health in Santa Rosa County Milton office, 5527 Stewart Street. The \$25.00 registration fee includes classes led by a trained lifestyle coach, lab tests and a workbook. Participants may be referred by a primary care provider or self-refer by contacting Susan Howell at 850-983-5200, ext. 154 to register.

Led by the Centers for Disease Control and Prevention (CDC), the program is based on research that showed that people with prediabetes who lost five to seven percent of their body weight (10 to 14 pounds for a 200-pound person) reduced their risk of developing Type 2 diabetes by 58 percent. Guided by a trained lifestyle coach, participants learn the skills they need to make lasting changes, such as losing a modest amount of weight, being more physically active and managing stress.

Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of their success. Classes meet once a week for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together, participants celebrate their successes and find ways to overcome obstacles.

People are more likely to have prediabetes or Type 2 diabetes if they:

- Are 45 years of age or older.
- Are overweight.
- Have a family history of Type 2 diabetes.
- Are physically active less 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.

"The complications from Type 2 diabetes are serious and can include heart attacks, strokes, blindness, kidney failure, and the amputation of toes, feet or legs," said Barbara McMillion, RN, Director of Nursing for the Florida Department of Health in Santa Rosa County. "Small changes can make a big difference. This program can help those with prediabetes make the lasting changes they need to prevent diabetes and its complications and improve their quality of life."

To learn more about making healthy choices and preventing Type 2 diabetes, visit the Florida Department of Health in Santa Rosa County website at:
<http://santarosa.floridahealth.gov/programs-and-services/wellness-programs/healthy-lifestyles-toolkit/index.html>

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