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**FLORIDA DEPARTMENT OF HEALTH IN SANTA ROSA COUNTY  
NATIONAL DIABETES PREVENTION PROGRAM RECEIVES  
RECOGNITION FROM CDC**



**Contact:**

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**Milton, FL** – The Florida Department of Health in Santa Rosa County National Diabetes Prevention Program (NDPP) has received full recognition from the Centers for Disease Control (CDC) and has been added to the Registry of Recognized Organizations. CDC-recognized organizations deliver evidence-based type 2 diabetes prevention programs in communities across the United States. To achieve full recognition, a program must meet all performance criteria detailed in the *Diabetes Prevention Recognition Program Standards*.

“We are extremely proud to have our program recognized by the CDC,” said Barb McMillion, RN, public health services manager and director of nursing for DOH-Santa Rosa. “This achievement is due entirely to the dedication of our lifestyle coaches and hard work on the part of our class participants. It was definitely a team effort.”

The NDPP uses an evidence-based curriculum presented by a trained lifestyle coach, and peer support, to help individuals at risk of developing type 2 diabetes increase their physical activity and make healthy lifestyle choices that can not only lead to weight loss, but delay, or even prevent, the onset of type 2 diabetes. A physician may refer a patient to the program but a referral is not required. Individuals are eligible for the program if they are at least 18 years of age and have been diagnosed with pre-diabetes, or are at risk of developing type 2 diabetes based on risk factors that include:

- Fasting glucose level of 100-125 mg/dl
- Hemoglobin A1c of 5.7 – 6.4
- History of gestational diabetes mellitus
- Overweight
- Family history of diabetes

“Studies show that a moderate weight loss of 5-7 percent of an individual’s body weight can delay or prevent type 2 diabetes. Over the course of 12 months, class members lost an average of 6.1 percent of their total body weight. That is a weight loss of approximately 12 pounds per person. That can have a significant effect on an individual’s health and quality of life,” McMillion said.

The health department is now accepting referrals for the next class starting in April. For more information, or to reserve a seat in the class, contact Susan Howell at (850) 983-5200, ext. 154.

For more information on the National Diabetes Prevention Program, 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>.

You can take a short quiz to determine if you are at risk of developing type 2 diabetes by visiting the CDC website at <http://www.cdc.gov/diabetes/home/index.html>.

### **About the Florida Department of Health**

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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