

Jul. 3, 2018

**FLORIDA DEPARTMENT OF HEALTH IN  
LAKE COUNTY FREE DIABETES  
PREVENTION PROGRAM  
- BEAT PREDIABETES - RESCHEDULED**



**Contact:**

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**EUSTIS, FL.**— The Florida Department of Health in Lake County (DOH-Lake) free diabetes prevention program classes starting in July in Eustis and Clermont has been rescheduled to start in August:

**Tuesday, July 10, 2018 has been rescheduled to Tuesday, August 7, 2018**

6:00 PM to 7:00 PM

Florida Department of Health Administration Office, 16140 US Highway 441, Eustis, FL 32726

**Thursday, July 12, 2018 has been rescheduled to Thursday, August 9, 2018**

3:00 PM to 4:00 PM

Florida Department of Health Clermont, 875 Oakley Seaver Drive, Clermont, FL 34711

According to the American Diabetes Association, “In the next 24 hours and every day, 4,110 Americans will be diagnosed with diabetes.” Ignore prediabetes and the risk of type 2 diabetes goes up, and so does the risk for the serious health complications such as blindness, kidney disease, heart disease, stroke and loss of toes, feet or legs.

The **National Diabetes Prevention Program** utilizes the Center for Disease Control (CDC) recognized “Prevent T2” curriculum. This a 12-month lifestyle program that consists of six months of weekly one-hour core sessions followed by monthly post-core sessions that provide tools to eat healthy, be more active and lose weight. The program is designed for people with a blood-based diagnosis of prediabetes. Participants reduce their diabetes risk by making small changes such as improving food choices, increasing physical activity, and managing stress. Program provides the support of a lifestyle coach and others sharing the same struggles.

In March 2018, DOH-Lake achieved CDC Full Recognition for their delivery of the National Diabetes Prevention Program. “It is immensely gratifying to see the science of diabetes prevention being implemented to improve the public’s health. You and your colleagues should be extremely proud of this accomplishment. It is programs like yours that are turning the tide in the fight against the epidemic of type 2 diabetes”, Ann Albright, PhD, RDN, Centers for Disease Control and Prevention, Director of Diabetes Prevention Recognition Program.

To learn more about the Diabetes Prevention Program in Lake County, FL and how you can register for upcoming classes to make meaningful lifestyle changes, please email us at [Lakendppinfo@flhealth.gov](mailto:Lakendppinfo@flhealth.gov) or call 352-589-6424 Option 3.

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

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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