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## FREE UPCOMING CLASS NATIONAL DIABETES PREVENTION PROGRAM



### Contact:

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**Eustis, FL** – The Florida Department of Health in Lake County (DOH-Lake) will be offering a free “Prevent T2” National Diabetes Prevention Program class in Eustis starting:

### Tuesday, August 1, 2017

10:00 AM to 11:00 AM

DOH-Lake Administration Office

16140 US Highway 441

Eustis, Florida 32726

The National Diabetes Prevention Program utilizes the Center for Disease Control recognized “Prevent T2” curriculum. This a 12-month program that consists of 16 weekly one-hour core sessions followed by monthly post-core sessions that provide tools to eat healthy, be more active and lose weight.

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. If you don’t know your blood sugar status, get tested.

This program aims to address the staggering statistics surrounding diabetes:

- One in three adults has prediabetes, approximately 86 million Americans
- In seniors, 51% have prediabetes
- In Florida, over 6 million adults are unaware that they have prediabetes

The **National Diabetes Prevention Program** helps people with prediabetes reduce their disease risk by making small changes such as improving food choices, increasing physical activity, and managing stress – all designed to help participants lose 5% to 7% of their body weight. These small lifestyle changes may reduce the risk of type 2 diabetes by 60%.

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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