

**Mission:**

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



**Rick Scott**  
Governor

**John H. Armstrong, MD, FACS**  
State Surgeon General & Secretary

**Vision:** To be the **Healthiest State** in the Nation

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**Contact:** Communications Office  
(850) 245-4111

## **Florida Department of Health's Lifestyle Change Program Aims to Prevent Diabetes**

**TALLAHASSEE** – November is recognized as National Diabetes Month and Diabetes Prevention Lifestyle Change Programs are offered in 35 locations statewide, including seven local health departments. The Florida Department of Health in Hillsborough County is one of the nation's first Lifestyle Change Programs to receive full recognition from the Centers for Disease Control and Prevention (CDC).

"Our personal health is the sum of seemingly small choices over time," said Florida State Surgeon General and Secretary of Health Dr. John Armstrong. "By participating in the Lifestyle Change Program and implementing small changes in our daily life, Floridians can achieve a healthy weight that lowers their risk of future diabetes and heart disease."

Prediabetes is a serious condition that can lead to type 2 diabetes, heart disease and other chronic diseases. Without lifestyle changes to improve health, up to 30 percent of people with prediabetes will develop type 2 diabetes within five years. Studies show that people with prediabetes can prevent or delay type 2 diabetes by losing 5% to 7% of their weight—that is 10 to 14 pounds for a 200-pound person. To learn more about the risk factors for prediabetes visit: [www.floridahealth.gov/prediabetes](http://www.floridahealth.gov/prediabetes)

The Diabetes Prevention Lifestyle Change Program is a 16-week course with a six-month follow-up support program that helps participants lose weight by making healthy choices and keeping track of their weight. Trained lifestyle coaches lead classes to help participants improve their food choices, increase physical activity and learn coping skills to maintain weight loss and healthy lifestyle changes.

Lifestyle Change Programs are offered at local health departments in Bay, Hendry, Hillsborough, Lake, Palm Beach, Santa Rosa, and St. Lucie counties. These programs, along with 28 additional Lifestyle Change Programs across the state, work to provide interventions to people who have or are at risk for prediabetes.

To find a Diabetes Prevention Lifestyle Change Program in your area visit: <http://www.cdc.gov/diabetes/prevention/recognition/states/Florida.htm>

The Department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. During 2014, the Department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit [www.FLHealth125.gov](http://www.FLHealth125.gov) for more information.

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