

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

FOR IMMEDIATE RELEASE
March 24, 2015

Contact: Communications Office
(850) 245-4111

THE FLORIDA DEPARTMENT OF HEALTH JOINS AMA, CDC INITIATIVE TO “PREVENT DIABETES STAT”

TALLAHASSEE—Today is Diabetes Alert Day and the Florida Department of Health joins the American Medical Association (AMA) and the Centers for Disease Control and Prevention (CDC) in their campaign to [Prevent Diabetes STAT: Screen, Test, Act—Today](#) by raising awareness about the risk factors associated with type 2 diabetes and encouraging all Floridians to take action to lower their risk.

“Floridians can prevent or reduce their risk for developing type 2 diabetes by making lasting lifestyle changes and maintaining a healthy weight,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “It is important for all Floridians to learn about their risk for developing diabetes and take action to lower their risk.”

A diagnosis of prediabetes is given to an individual whose blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. Prediabetes is a serious health condition that increases the risk of developing type 2 diabetes by up to 15 times. Other associated risks of diabetes are heart disease and stroke. Through Prevent Diabetes STAT, the AMA and CDC are bringing awareness to this widespread problem. This collaboration has generated a [toolkit](#) to serve as a guide for physicians and other healthcare providers on the best methods to screen and refer high-risk patients to CDC-recognized diabetes prevention programs in their communities.

“One in three Americans are currently living with prediabetes, and nearly 90 percent are unaware,” said Florida Medical Association President, Dr. Alan Pillersdorf, “This is a terrifying statistic, and we are proud to join in supporting Prevent Diabetes STAT, shining light on a critical issue and helping Floridians take active steps to prevent diabetes.”

Studies show people with prediabetes can prevent or delay type 2 diabetes by losing 5 to 7 percent of their weight—that is 10 to 14 pounds for a 200-pound person—by making lasting lifestyle changes to improve nutrition and increase physical activity to 150 minutes each week. Healthiest Weight Florida—an initiative of the Florida Department of Health—is currently working across the state to increase opportunities for physical activity and access to healthy foods and promote health in worksites and schools.

The Florida Department of Health also provides several Diabetes Prevention Lifestyle Change (DPLC) programs through the county offices. The DPLCP is a 16-week program for

people with prediabetes. Trained lifestyle coaches assist participants in reaching their goal of losing 5 to 7 percent of their weight and reducing their risk of developing type 2 diabetes. The current providers are:

- Bay County
- Hendry County
- Hillsborough County
- Lake County
- Marion County
- Palm Beach County
- Santa Rosa County
- St. Lucie County

For a full list of CDC-recognized DPLC programs in Florida, visit https://nccd.cdc.gov/DDT_DPRP/State.aspx?STATE=FL.

Additional information on Prevent Diabetes STAT is available online at www.PreventDiabetesSTAT.org. There is also an online screening tool to help determine your risk for having pre-diabetes.

###

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com.

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts. The department is recognizing 125 years of public health in Florida with educational opportunities and events. Please visit www.flhealth125.gov for more information.

Follow us on Twitter at [@HealthyFla](https://twitter.com/HealthyFla) and on [Facebook](https://www.facebook.com/HealthyFla). For more information about the Florida Department of Health please visit www.floridahealth.gov.