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AWARENESS AND EDUCATION KEY TO PREVENTING DIABETES



Contact:

Communications Office

NewsMedia@flhealth.gov

850-245-4111

Tallahassee, Fla.—November is American Diabetes Month and the Florida Department of Health is working with the American Diabetes Association of Florida to prevent diabetes by providing more than \$131,000 in grant funding to 14 organizations for Diabetes Prevention Programs.

“The department is dedicated to helping Floridians make the choices necessary to live longer, healthier lives,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “Floridians can prevent or reduce their risk of developing Type 2 diabetes by making lifestyle changes to achieve healthy weight.”

The Diabetes Prevention Program (DPP) is a year-long program for people with prediabetes to help prevent at-risk adults from developing diabetes through 16 weekly sessions. The program also includes a six-month maintenance phase with monthly support sessions.

Grants were awarded to the following:

- YMCA of Greater St. Petersburg \$15,000
- Department of Health in Lake County \$15,000
- Department of Health in DeSoto County \$15,000
- Tampa Metro Area YMCA \$14,500
- Department of Health in Bay County \$10,000
- Department of Health in Santa Rosa County \$10,000
- YMCA of Florida’s First Coast \$10,000
- SKY Family YMCA \$8,000
- The Villages Health – USF Health Community Center \$8,065
- YMCA of the Suncoast \$7,500
- YMCA of Central Florida \$6,000
- Volusia Flagler Family YMCA \$5,000
- Grace Medical Home \$4,000
- St. Lucie County Public Schools \$3,000

If you are at an unhealthy weight, have high blood pressure, or are age 45 or older, you are at higher risk of developing Type 2 Diabetes. Fortunately, you can greatly lower your risk by making healthy changes, such as:

- Get more physical activity;
- Eat plenty of fiber;
- Go for whole grains; and
- Achieve a healthy weight.

Diabetes affects an estimated 23.6 million people in the United States and is the 7th leading cause of death. Diabetes lowers life expectancy by up to 15 years, but people can avoid many complications by finding out if they are at risk. Through DPP, people with prediabetes can make lifestyle changes to keep them healthy and prevent the development of diabetes.

Take the [RISK-TEST](#) to see if you are at risk and to learn more about Diabetes Prevention Programs.

Learn more about American Diabetes Month on the [ADA website](#).

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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About Healthiest Weight Florida

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](#).