

CDC recognizes Calvert Diabetes Prevention program

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PRINCE FREDERICK, MD — The Calvert County Health Department's Diabetes Prevention Program has earned Full Recognition certification by the Centers for Disease Control (CDC).

In the United States, one in three adults has pre-diabetes which puts them at risk for developing Type 2 diabetes, heart disease, and stroke. The National Diabetes Prevention Program is a lifestyle change program developed specifically to prevent type 2 diabetes. It is designed for people who have pre-diabetes or are at risk for type 2 diabetes, but who do not already have diabetes. CDC

Full Recognition is reserved for "programs that have effectively delivered a quality, evidence-based program that meets all of the standards for CDC recognition," according to Ann Albright, PhD, Director, Division of Diabetes Translation, National Center for Chronic Disease Prevention and Health Promotion.

To be recognized by the CDC, programs must:

- Have trained lifestyle coaches who can help build participants' skills and confidence to make lasting lifestyle changes
- Have a diabetes prevention program coordinator who uses a CDC approved curriculum
- Obtain a minimum average weight loss of 5 percent during the 12 month program
- Submit program data related to attendance, weight loss, and physical activity

The CDC also requires that at least 35 percent of participants in the program be diagnosed with pre-diabetes through blood testing (or have a history of gestational diabetes).

Registration for classes are available through www.calverthealth.org or 410-535-5400 ext. 357.

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