



MEDIA RELEASE

KNOX COUNTY HEALTH DEPARTMENT
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FOR IMMEDIATE RELEASE

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KCHD's next Diabetes Management Series starts Jan. 12

Classes are free and open to the public

Knoxville, Tenn. – The Knox County Health Department (KCHD) offers a free Diabetes Management Series quarterly to help those affected by the disease. The next three-part series takes place **Thursdays, Jan. 12, 19 and 26, from 1 to 2 p.m. in the KCHD auditorium, 140 Dameron Ave.**

“Being diagnosed with diabetes is a life-changing event,” said Shanthi Appelo, KCHD nutritionist and registered dietitian. “However, successfully managing the disease is possible with the right tools, which include recognizing what leads to changes in your blood sugar levels and learning how to manage these levels.”

The three-class series provides information on how to manage diabetes through diet, exercise and medication. Individuals diagnosed with Type 2 diabetes or pre-diabetes along with their family members are encouraged to attend. Parking is free. Those interested in attending should call 865-215-5170 to register.

Having diabetes is a risk factor for developing serious health complications including heart disease, blindness, kidney failure and lower-extremity amputations. In 2014, it was estimated that 10.5 percent of Knox County adults (18+ years) have been diagnosed with diabetes. Diabetes is the seventh leading cause of death in the U.S. and the eighth leading cause of death in Knox County. According to the Centers for Disease Control and Prevention, if current trends continue, as many as 1 out of 3 U.S. adults could have diabetes by 2050.

Due to the prevalence of the disease, KCHD also administers several prevention programs aimed at reducing diabetes rates, including the Nutrition Education Activity Training (N.E.A.T.) after-school program, the walking school bus program, worksite wellness initiatives, breastfeeding promotion and advocacy, community engagement programs, and others.

About Knox County Health Department:

The Knox County Health Department (KCHD) is a governmental agency dedicated to making every person a healthy person. As the first health department in Tennessee to achieve national accreditation by the Public Health Accreditation Board, KCHD's mission is to encourage, promote and assure the development of an active, healthy community through innovative public health practices. The organization conducts disease surveillance, prevention and control; emergency preparedness; nutrition and physical activity promotion; tobacco use prevention; health equity promotion; immunizations; and much more. For more information, visit www.knoxcounty.org/health.

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