



## Knox County Health Department

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### **KCHD's Service Spotlight: New Diabetes Prevention Program (DPP)**

*Knoxville, Tenn.*— For over 40 years, the Knox County Health Department has offered the Diabetes Management Series, a program designed to help people with diabetes manage their health and prevent long-term complications. This month, KCHD partnered with Eat Smart, Move More, and Prevent Diabetes (ESMMPD) to launch a new online program called the Diabetes Prevention Program (DPP) to help expand services focusing on preventing the disease altogether.

The DPP is a CDC-recognized lifestyle change program that aims to prevent or delay the onset of type 2 diabetes. This program is offered across the country and is proven by research to cut the risk of type 2 diabetes by more than half. The program encourages healthy lifestyle changes that not only lower the risk of type 2 diabetes, but lower the risk of heart attack and stroke as well. Through a grant-funded partnership with the state of Tennessee, KCHD will be covering the cost of the 12-month online program for those who qualify.

To find out if you qualify for the DPP, take this short survey: <https://www.surveymonkey.com/r/DPPdoiquality>. For those who qualify, KCHD will send an enrollment code to sign up for free. For any questions or help signing up, email [nutrition@knoxcounty.org](mailto:nutrition@knoxcounty.org) or call 865-215-5170.

According to the 2019-2020 Knox County Community Health Assessment, diabetes is the eighth leading cause of death in Knox County. In fact, the [CDC](#) reports that about 1 in every 10 people in the nation have diabetes and more than 1 in 3 people in the United States have prediabetes.

People who have prediabetes are at increased risk of developing type 2 diabetes. Losing just a small amount of weight and getting regular physical activity can lower a person's risk for developing type 2 diabetes. KCHD is launching the DPP to help people who live or work Knox County accomplish that.

#### **About Knox County Health Department**

The first health department in Tennessee to achieve national voluntary accreditation by the Public Health Accreditation Board, the Knox County Health Department (KCHD) is dedicated to ensuring the conditions in which every resident can be healthy. As a chief health strategist for the community and with more than 240 team members, KCHD's broad scope of work includes convening partners to improve community health, identifying community health threats, investigating disease outbreaks, conducting extensive outreach and education, preparing for public health emergencies, providing and connecting the public with medical care, enforcing food safety and air quality laws, and more. For more information, visit [www.knoxcounty.org/health](http://www.knoxcounty.org/health).

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