

OFFICE OF COUNTY MAYOR GLENN JACOBS



MEDIA RELEASE

KNOX COUNTY HEALTH DEPARTMENT

140 Dameron Avenue, Knoxville, TN 37917-6413

FOR IMMEDIATE RELEASE

Contact: Kelsey Leyrer
865-215-5116 office
865-257-7460 cell

Jan. 6, 2020

KCHD's next Diabetes Management Series starts January 9

Free classes open to the public

Knoxville, Tenn. – The Knox County Health Department's (KCHD) next Diabetes Management Series takes place Thursdays, January 9, 16, and 23, from 1 to 2 p.m. at KCHD, 140 Dameron Ave. The organization offers the free, three-part series quarterly to help those affected by the disease.

"In this unique class, we go beyond diet, medications and exercise to teach participants the science of diabetes, so they can easily recognize what affects their blood sugar levels," said Shanthi Appelo, KCHD nutritionist and registered dietitian.

Those with Type 2 diabetes or pre-diabetes are encouraged to attend. Spouses and friends of those affected are also encouraged to attend as a strong support system is important in managing the disease. Parking is free. Those interested should call 865-215-5170 or visit the link at <https://www.surveymonkey.com/r/DMSJan2020> to register.

Having diabetes is a risk factor for developing serious health complications including heart disease, blindness, kidney failure and lower-extremity amputations. In 2018, 11.2 percent of Knox County adults (18+ years) reported being 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 this disease, KCHD also provides several prevention programs aimed at reducing diabetes rates, including the Nutrition Education Activity Training (N.E.A.T.) after-school program, worksite wellness initiatives, breastfeeding promotion and advocacy, community engagement programs, and others.

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 260 employees, 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.

