



## Knox County Health Department

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FOR IMMEDIATE RELEASE: November 2, 2021

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### **KCHD recognizes American Diabetes Awareness Month**

#### *Diabetes Management Classes and Heart Health Classes continue this month*

*Knoxville, Tenn.*— The Knox County Health Department (KCHD) is celebrating American Diabetes Awareness Month by urging the community to take the [diabetes risk test](#) to learn risk factors associated with prediabetes. KCHD is offering a few programs to help folks manage their diabetes, including the Eat Smart, Move More, Prevent Diabetes Program, Diabetes Management classes in both English and Spanish and Manage Your Heart Health classes.

Being diagnosed with diabetes is a life-changing event. Managing the disease can be time-consuming and overwhelming. That's why KCHD is committed to educating and empowering those in the community who are affected by diabetes by offering a variety of resources to help.

“Today, nearly 29 million people are living with diabetes in the United States. Thanks to better treatments, people with diabetes are now living longer and with a better quality of life than ever before,” said Mikaela McIver, KCHD nutritionist and registered dietitian. “If you are living with diabetes, it’s important to make choices that keep you and your loved ones healthy.

KCHD is currently holding its quarterly *Diabetes Management Series*, however additional classes will be available at the beginning of the year. There is still time to sign up for the next *Manage Your Heart Health* series taking place on November 3, 10 and 17 from 6 – 7 p.m. Additionally, the *Eat Smart, Move More, Prevent Diabetes Program* is accepting registrants. Click [here](#) to see if you qualify for a spot in this 12-month FREE online program. Those who are interested should call 865-215-5170 or visit the [Diabetes Management website](#) to register.

#### **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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