



# MEDIA RELEASE

KNOX COUNTY HEALTH DEPARTMENT  
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FOR IMMEDIATE RELEASE

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## **KCHD's next Diabetes Management Series starts Oct. 5**

*Free classes open to the public*

*Knoxville, Tenn.* – The Knox County Health Department's (KCHD) next Diabetes Management Series takes place **Thursdays, Oct. 5, 12 and 19, from 6 to 7 p.m. in the KCHD auditorium**, 140 Dameron Ave. KCHD offers the free, three-part series quarterly to help those affected by the disease.

"We go beyond diet, medications and exercise to teach participants valuable management tools and the science to help them recognize what affects blood sugar levels," said Shanthi Appelo, KCHD nutritionist and registered dietitian. "As always, we encourage participants to bring their spouse, caregiver or friend to the classes because a strong support system can make a world of difference."

Those with Type 2 diabetes or pre-diabetes are encouraged to attend. Parking is free. Those interested should call 865-215-5170 or visit [surveymonkey.com/r/Oct17DMS](http://surveymonkey.com/r/Oct17DMS) 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 the disease. 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](#), 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](http://www.knoxcounty.org/health).

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