



# 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. 9

*Knoxville, Tenn.* – The Knox County Health Department's (KCHD) next Diabetes Management Series takes place **Tuesdays, Oct. 9, 16 and 23, from 6 to 7 p.m. at KCHD**, 140 Dameron Ave. KCHD offers the free, three-part series quarterly to help those affected by the disease.

"In the class, we'll 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. "This class is for those who have been newly diagnosed as well as those who have dealt with the disease for years."

Persons with Type 2 diabetes or pre-diabetes are encouraged to attend. Spouses and caregivers of those affected by the disease are also welcome. Parking is free. Those interested should call 865-215-5170 or visit [surveymonkey.com/r/DMSOct18](http://surveymonkey.com/r/DMSOct18) 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, the most recent available data, 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](#), [worksites wellness initiatives](#), [breastfeeding promotion and advocacy](#), community engagement programs, and others.

### About Knox County Health Department

As 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. KCHD investigates disease outbreaks, identifies community health threats, conducts extensive outreach and education, prepares for public health emergencies, provides and connects the public with medical care, enforces 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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