



MEDIA RELEASE

KNOX COUNTY HEALTH DEPARTMENT

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FOR IMMEDIATE RELEASE

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KCHD's next Diabetes Management Series starts Jan. 11

Free classes open to the public

Knoxville, Tenn. – The Knox County Health Department's (KCHD) next Diabetes Management Series takes place **Fridays, Jan. 11, 18 and 25, 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.

"While we offer these classes throughout the year, we encourage those affected to join us in January as a healthy way to jump start the new year," said Shanthi Appelo, KCHD nutritionist and registered dietitian. "In the class, we'll go beyond diet, medications and exercise to teach participants the science to help them recognize what affects blood sugar levels."

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 surveymonkey.com/r/Jan2019DMC 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](#), [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 to medical care, enforces food safety and air quality laws, and more. For more information, visit www.knoxcounty.org/health.

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