



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

Diabetes Prevention Program Helps Local Residents Make Lifestyle Changes

(Clearfield, Utah) – It’s hard to make lifestyle changes – ask anyone who has ever made a New Year’s Resolution. But participants taking the evidence-based PreventT2 classes are doing just that.

“Working towards a common goal, PreventT2 class participants are able to encourage and generate ideas from each other to make preventing type 2 diabetes a reality,” said Kristen Brimley, National Diabetes Prevention Coordinator for the Davis County Health Department.

One out of three Americans currently has prediabetes, and 90% of them do not even realize they have it, said Brimley. “Without serious lifestyle changes, many of those people will develop type 2 diabetes in the next five years.”

According to a participant in a current PreventT2 class, “It has helped me be more aware of what I take into my body. Also, I have become more aware of the fact that what I eat affects how I feel and look,” he said.

Davis County’s health department staff want to help those at high risk for type 2 diabetes take control of their future with this class.

Another PreventT2 classmate said, “The program made all the difference in my life. It taught me the basic principles of eating well and the value of exercising. I learned to start the program wherever I was – and I was not in too good of shape. Most of all, it put me in charge,” she said.

New classes begin Thursday, Jan. 19, in Clearfield. The classes meet each Thursday at 6:30 p.m. weekly for the first three months, every other week for the next three months, then monthly for the remaining six months.

- MORE -

Page 2 of 2 – Diabetes Prevention Program Helps Local Residents Make Lifestyle Changes

Costs for Davis County Medicare and Medicaid recipients are covered by currently available grant funding. All other participants pay \$200 with \$100 reimbursed upon program completion.

To learn more about PreventT2, call Kristen Brimley at 801-525-5077 or visit <http://go.usa.gov/cJZPV>. To register, go to livingwell.utah.gov.

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