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## ***NEW DIABETES PREVENTION PROGRAM AT DOH-SEMINOLE***



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**SANFORD, Fla.** – The Florida Department of Health in Seminole County (DOH-Seminole) is now offering the Diabetes Prevention Program at their Sanford location with classes beginning Wednesday, May 24 at DOH-Seminole Auditorium from 6:00 – 7:00pm. There is no cost to register for this program, and space is still available. Free A1c screenings will be offered on Friday, May 19 from 10:00am - 1:00pm and Monday, May 22 from 3:00 - 6:00pm, at 400 West Airport Boulevard Sanford.

“We are committed to the health of our community and continue to collaborate to provide programs that are beneficial to the population we serve. The Diabetes Prevention Program can prevent type 2 diabetes for many who follow the program and implement what they learn,” said Donna Walsh, health officer for the Florida Department of Health in Seminole County.

DOH-Seminole recently hosted a kick-off event for the National Diabetes Prevention Program (NDPP) at the Sanford location and announced the start of this free year-long program to help reduce the risk of developing type 2 diabetes.

Free prediabetes and diabetes health education, resources and A1c screenings were offered for those who attended the kick-off event. Participants had the opportunity to receive free diabetic foot screenings in partnership with True Health and Dr. William Vivas. Following the event, those in attendance were able to register for the Diabetes Prevention Program being offered through DOH-Seminole.

“Diabetes is a public health burden across the country, but it is preventable through weight management and increasing physical activity. The launch of our diabetes prevention program is an opportunity to improve health outcomes in Seminole County and decrease the incidence of diabetes,” said Andrew Derry, diabetes prevention program coordinator for the Florida Department of Health in Seminole County.

If you are interested in registering for the program and would like more information, please contact Andrew Derry, NDPP Coordinator at (407) 665-3011 or by email at [Andrew.Derry@flhealth.gov](mailto:Andrew.Derry@flhealth.gov).

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