



Tri-County Health Department Diabetes Prevention Program Has Received Full Recognition by the Centers for Disease Control

The Tri-County Health Department (TCHD) “Journey to Wellness” lifestyle change program has received full recognition by the Centers for Disease Control and Prevention (CDC). Trained lifestyle coaches instruct groups of participants with the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active, and managing stress.

“Journey to Wellness” is based on research that shows that people with prediabetes who made modest changes and lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) reduced their risk of developing type 2 diabetes by 58 percent. People with prediabetes—higher-than-normal blood glucose (sugar) levels—are 5 to 15 times more likely to develop Type 2 diabetes than those with normal blood glucose levels.

“One in three American adults has prediabetes, so the need for prevention has never been greater,” according to John M. Douglas, Jr, MD, Executive Director of TCHD. “The Journey to Wellness’ program offers a proven approach to preventing or delaying the onset of Type 2 diabetes through modest lifestyle changes made with the support of a coach and one’s peers.”

“Journey to Wellness” groups meet for a year. Participants learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Small changes can add up to a big difference, and the program’s group setting provides a supportive environment with people who are facing similar challenges, and trying to make the same changes.

People are more likely to have prediabetes and Type 2 diabetes if they:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than three times per week, or
- Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds

“Journey to Wellness” is part of the National Diabetes Prevention Program, led by the CDC. Interested individuals should visit www.tchd.org/JourneyToWellness for upcoming class opportunities or contact Samantha Decker at 303-783-7155.