FOR IMMEDIATE RELEASE

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Free Community Classes Planned in October to Stop the Advance of Diabetes

Nearly 13 percent of adults in the United States age 20 and older have diabetes, according to the National Institute of Health and the Centers for Disease Control and Prevention. Nearly one-third of persons 65 years and older have diabetes. The disease brings with it the risk of other complications such as blindness, amputations of lower extremities, kidney failure, heart disease, and stroke. Its financial cost and the impact on patients’ and families’ lives are considerable.

Williamson County and Cities Health District (WCCHD) has partnered with TMF Quality Innovation Network to promote diabetes awareness and motivate persons who have diabetes to sign up for diabetes self-management education (DSME) classes. The DSME classes teach patients about, and assist them with, setting goals for proper nutrition, physical activity, regular check-ups with their physicians, glucose monitoring, and consistent medication use.

“It’s important for people to understand that the disease can be prevented and managed,” said Dr. Lisa Cornelius, WCCHD Medical Director and Health Authority. “The most important element of the DSME classes is that they assist persons with diabetes in making healthy changes so they can continue living an active life.”

People who have taken the classes describe them as “life changing.” Diabetes patients, persons with a high risk of developing diabetes, and family members and caretakers of persons living with diabetes are advised to call 512-248-3276 to find out about the DSME classes being offered in Williamson County.

Three series of classes will be offered starting in October:

Tuesdays, 10:00 - 11:30am, Oct. 3 – Nov. 7:
Bluebonnet Trails Community Services, 404 Carlos G. Parker Blvd NW, Taylor 76574

Wednesdays, 1:00 - 2:30pm, Oct. 4 – Nov. 8:
Round Rock Public Library, 216 E Main St, Round Rock 78664

Thursdays, 3:00 – 4:30 pm, Oct. 5 – Nov. 9:
Treasure of the Hills Senior Center, 408 Ridgewood Dr, Cedar Park 78613

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The TMF QIN-QIO and WCCHD are focused on improving health outcomes for all persons with diabetes and eliminating the health disparities in the minority and rural populations by promoting and providing the DSME classes.

To learn more about diabetes and other health education classes, visit your public health department website at www.wcchd.org or call 512-248-3276.