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MAYOR

# SHELBY COUNTY HEALTH DEPARTMENT

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**Public Health**  
Prevent. Promote. Protect.  
Shelby County Health Department

## FOR IMMEDIATE RELEASE

August 10, 2021

### CONTACT:

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## DIABETES PREVENTION PROGRAM INFORMATION SESSION

*Monday, August 16, 2021, at 5:00 to 6:00 p.m.*

SHELBY COUNTY, TN – The Shelby County Health Department is holding an informational session about its National Diabetes Prevention Program (NDPP), a free, evidence-based, year-long lifestyle change program developed by the Centers for Disease Control and Prevention that can help prevent the development of Type 2 diabetes among those at-risk for the disease.

The National Diabetes Prevention Program focuses on healthy eating, weight loss, and physical activity to help participants change behaviors that put them at risk for developing Type 2 diabetes. The program is recommended for those who have been diagnosed with “pre-diabetes” and meet other criteria. Program participants:

- Work with a trained lifestyle coach.
- Discover how to eat healthy and be more active.
- Learn how to manage stress, stay motivated, and solve problems.

The year-long, evidence-based program is proven to reduce the risk of developing Type 2 diabetes in participants by up to 58%. The program is available at no cost to those who qualify.

Find out if NDPP is right for you by attending an informational session on Monday, August 16, 2021:

**WHO:** Individuals at high-risk of diabetes  
**WHAT:** National Diabetes Prevention Program Information Session  
**WHEN:** Monday, August 16, 2021, 5:00 p.m. to 6:00 p.m.  
**WHERE:** Shelby County Health Department, 814 Jefferson  
Meeting Room D on the 1st Floor

To sign up to attend or find out more information about the program, email Geretta Hollins at [Geretta.Hollins@shelbycountyttn.gov](mailto:Geretta.Hollins@shelbycountyttn.gov) or call 901-222-9272.

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