

NEWS FROM Legislator

# Lou D'Amaro



**SUFFOLK COUNTY LEGISLATURE**

17<sup>th</sup> Legislative District

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For Immediate Release

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## Free Diabetes Prevention Class Set to Begin

*HUNTINGTON STATION, NY... August 10, 2015*) – Suffolk Legislator Lou D'Amaro (D-Huntington Station) would like to encourage local residents concerned about developing diabetes to sign up for a 16-week prevention program that will begin in North Babylon this September.

The county-administered National Diabetes Prevention Program (DPP) supports moderate behavioral changes and has proven to reduce the risk for developing Type 2 diabetes. Based on a research study led by the National Institute of Health, on average, participants in the DPP reduced their risk by 58 percent. Lifestyle changes worked particularly well for participants aged 60 and older, reducing their risk by 71 percent.

The 16-week program is led by a trained lifestyle coach. It meets one hour per week then monthly for one year and will be held at the following location:

### **North Babylon**

Tuesdays, September 15 through December 29, 2015, 6 pm – 7 pm

Spangle Drive Senior Center

(more)

438 Spangle Drive, North Babylon

Pre-Registration is required by calling Debora at (631) 853-2928

According to the Centers for Disease Control and Prevention, diabetes affects nearly 26 million people – 8.3 percent of the U.S. population. More than 18 million people have been diagnosed with diabetes and it is estimated that seven million people have diabetes without any knowledge that they are afflicted with the disease. Diabetes is the leading cause of kidney failure, non-traumatic lower limb amputations and new cases of blindness among adults. It is a major cause of heart disease and stroke and the seventh leading cause of death in the U.S. Overall, the risk of death among people with diabetes is about twice that of similarly aged individuals without the disease. It is estimated that 35 percent of adults aged 20 and older have risk factors that make them pre-diabetic.

“The statistics may sound frightening but by embracing a healthy lifestyle, individuals and families can help prevent a diabetes diagnosis,” said Legislator D’Amaro. “I hope that everyone impacted by this disease will sign up for these classes.”

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*Suffolk County Legislator Lou D’Amaro represents the 17<sup>th</sup> Legislative District, which includes parts of Huntington, Huntington Station, South Huntington, Melville, West Hills, Cold Spring Hills, Dix Hills, Deer Park, North Babylon and West Babylon. He is chairman of the Budget & Finance committee and a member of the Education & Information Technology and Human Services committees of the Suffolk County Legislature.*