

NEWS FROM Legislator

Lou D'Amaro



SUFFOLK COUNTY LEGISLATURE

17th Legislative District

130 West Jericho Turnpike

Huntington Station, NY 11746

Tel: (631) 854-4433

Fax: (631) 854-4415

Lou.Damaro@suffolkcountyny.gov



COMMITTEES:

CHAIR- Budget & Finance

MEMBER -- Veterans

For Immediate Release

Contact: Karen Klafter (631) 854-4433

Free Diabetes Prevention Program Set to Begin in Bay Shore

(HUNTINGTON STATION, NY... June 7, 2016) – Suffolk Legislator Lou D'Amaro (D-Huntington Station), Suffolk County Executive Steve Bellone and Department of Health Services Commissioner Dr. James Tomarken invite residents who are at risk for developing type-2 diabetes to participate, free of charge, in the county- administered National Diabetes Prevention Program (DPP). The program supports moderate behavior changes and has proven to reduce risk in those who are susceptible to a type 2 diabetes diagnosis.

DPP is based on a research study led by the National Institutes of Health. The study showed that with intensive counseling and motivational support, participants were able to make behavioral changes, reducing their risk for developing type-2 diabetes by 58 percent. Lifestyle changes worked particularly well for participants aged 60 and older, reducing their risk by 71 percent.

The Diabetes Prevention Program is led by a trained lifestyle coach. It meets one hour per week for 16 weeks, then monthly for the remainder of one year.

The Bay Shore program begins later this month as follows:

(more)

Mondays, June 20 and 27; July 11, 18 and 25; August 1, 8, 15, 22 and 29; September 12, 19 and 26, and October 3, 10 and 17, 2016

Time: 6- 7 pm

Long Island Help & Wellness Center, 32 Park Avenue, Bay Shore, NY 11706

Contact: Debora 631-853-2928

For more information visit www.suffolkcountyny.gov/health located under Healthy Living, or Call the Office of Health Education at 853-3162.

“The statistics can be startling, but fortunately there are many steps those at risk can take to stay healthy and diabetes-free,” said Legislator D’Amaro. “I urge individuals and families that are concerned about the impact of a diabetes diagnosis to sign up for this great program.”

#

Suffolk County Legislator Lou D’Amaro represents the 17th 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 Veterans committee of the Suffolk County Legislature.