



Jefferson County
PUBLIC HEALTH SERVICE
Public Health Facility, 531 Meade Street, Watertown, New York 13601

Media Release

FOR IMMEDIATE RELEASE

Diabetes Coalition of Jefferson County
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Diabetes Coalition to Hold Workshop: New Beginnings

Watertown, NY January 9, 2017~ In the United States, 24 million people are living with diabetes and 57 million more are at risk of developing type 2 diabetes. In Jefferson County almost 11% of adults have diabetes. The prevalence of self-reported diabetes among adults has increased steadily over the past 15 years. There are small changes that can be made to prevent complications from diabetes. The Diabetes Coalition of Jefferson County is helping to educate the community about the importance of preventing type 2 diabetes and diabetes-related complications by holding monthly workshops.

The first session, *New Beginnings*, focuses on helping people with diabetes get ready for visits with their health care team. It includes a short video, discussion, and activity. The class will be held on January 27th, 1:30-2:30pm at the Public Health Facility, 531 Meade Street, Watertown. The hour long class will be educational and supportive for those living with diabetes or caring for someone who has diabetes. Lisa Lagos, Health Educator, will lead this session. Each month a member of the coalition will hold a class leading up to National Diabetes Month in November when a larger event will be held. Participants can attend one or all of the classes. There is no preregistration and the classes are all free.

The coalition consists of community members with a professional and/or personal interest in diabetes. The Diabetes Coalition began in February 2011 and consists of representatives from North Country Prenatal Perinatal Council, YMCA, Cornell Cooperative Extension, Feed the Soul Nutrition, Samaritan Medical Center, Carthage Area Hospital, Watertown Internists, Samaritan Wound Center, United Healthcare, Fort Drum Regional Health Planning Organization, NovoNordisk, and Jefferson County Public Health Service. The coalition promotes services and diabetes programs to the public and providers, as well as, develops appropriate interventions to improve overall diabetes care in Jefferson County.

If you are interested in learning more or have questions, call 786-3730 for more information.

