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JCDHE and Solera Health Team Up Against Diabetes

Olathe, KS – January 29, 2019 – The Johnson County Department of Health and Environment (JCDHE) is now an official diabetes prevention program (DPP) provider for the Solera Health national network. This program, recognized by the Centers for Disease Control and Prevention (CDC), is a free benefit for prediabetic people covered by Blue Cross Blue Shield of Kansas City or Medicare.

The program encourages participants to lose five to seven percent of their starting weight and increase physical activity to 150 minutes per week. Classes use a hands-on approach tailored for adults; participants attend cooking demonstrations, healthy food taste tests and grocery store tours to develop healthy eating habits. Classes meet once a week for 16 weeks, then monthly for the rest of the year. DPP is also available “to go”— the program can be delivered in a workplace or other location with 12 or more participants.

Lougene Marsh, JCHDE director said, “Partnering with Solera Health enables us to offer DPP classes free of charge to people in participating insurance plans. Prevention must be a focus of our work if we are to reverse course against diabetes.”

Eighty-six million American adults are living with prediabetes and 90 percent of them are unaware they are at high risk of developing type 2 diabetes. Studies show that DPP participants can lower their risk of developing type 2 diabetes by as much as 58 percent (71 percent if the participant is over age 60).

DPP classes start February 12 and are held at 2 p.m. or 5:15 p.m. at the Johnson County Department of Health and Environment, 11875 S. Sunset, Olathe, KS. For people without insurance or who are not enrolled in a plan that covers DPP, the fee is \$449 and participants can make five payments over the course of the year. JCDHE also offers a sliding fee scale for persons whose total household income is less than \$36,420 annually for a single adult.

To learn more or join a class, contact Karen Hanson, registered dietitian and DPP lifestyle coach at 913-477-8114 or karen.hanson@jocogov.org. Visit www.preventdiabeteskc.com for a quiz to assess prediabetes risk.

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