



Robert P. Astorino, Westchester County Executive

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## NEWS RELEASE

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### **DIABETES PREVENTION CLASSES START THIS MONTH IN YONKERS AND PEEKSKILL Call or Text to Learn If You Qualify and Join at No Cost**

The Westchester County Department of Health will launch classes this month in Yonkers and Peekskill to help participants reduce their risk of developing type 2 diabetes.

Classes start Jan. 26 at the Department of Health at 20 South Broadway in Yonkers and at the Department of Social Services district office at 750 Washington St. in Peekskill. Led by a health department staff member who has been trained as a lifestyle coach, the classes offer a year of motivation and support at no cost to participants thanks to New York State Local IMPACT grant funds. Classes are provided under the auspices of the Rye YMCA's Diabetes Prevention Program, which follows a curriculum with a national track record of success.

"Many people don't know they are at risk to develop type 2 diabetes," said Health Commissioner Sherlita Amler, MD. "Our goal is to make more residents aware of their risks and to give them the tools and support they need to live a healthier lifestyle. These classes can help residents who are at risk to make small, lasting changes such as eating healthier, losing a modest amount of weight and becoming more physically active so that they can avoid type 2 diabetes, as well as its health complications."

To learn if you are at risk, take a short quiz by texting "RISKTEST" to 97779 on your smartphone or go to [www.westchestergov.com/health/diabetes/prediabetes](http://www.westchestergov.com/health/diabetes/prediabetes). If you are at risk, call the Rye YMCA at 914-967-6363 x 114 to enroll in a diabetes prevention class.

One in three adults in the U.S. age 20 or older have prediabetes. A person with prediabetes has an increased risk of developing type 2 diabetes, heart disease and stroke, which are among the leading causes of death in the U.S., according to the federal Centers for Disease Control and Prevention. Nine out of 10 people with prediabetes are unaware that they have it.

For more health information, go to [www.westchestergov.com/health](http://www.westchestergov.com/health); Like us on [Facebook.com/wchealthdept](https://www.facebook.com/wchealthdept) and Follow us on [Twitter @wchealthdept](https://twitter.com/wchealthdept).