



NEWS RELEASE

KNOX COUNTY MAYOR MIKE RAGSDALE

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FOR IMMEDIATE RELEASE

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Knox County Health Department Receives \$250K Grant To Address Diabetes

Knox County Health Department's (KCHD) Healthy Weight Program has received a \$250,000 state-funded grant through *Project Diabetes*. The grant, called *Comprehensive Approach to Reducing Diabetes (CARD)*, will allow the Healthy Weight Program to expand its efforts to address diabetes and obesity issues in Knox County. *CARD's* goal is to reduce the risk of diabetes and related complications through worksite wellness initiatives and community-based interventions.

"We're proud that *Project Diabetes* saw the merit in *CARD* as a pilot program," said Mark Jones, KCHD director. "The American lifestyle contributes to making diabetes an epidemic and preventing this disease is one of public health's biggest challenges."

The *CARD* program is unique because it can be implemented in community or worksite settings with only minor modifications. Through *CARD*, Knox County Health Department, Knoxville Utilities Board, Cariten Healthcare, Knoxville Parks and Recreation, and Mt. Olive Baptist Church have formed a community partnership to provide a comprehensive diabetes prevention program targeting youth and adults living and working in Knox County. Pilot sites will include both business and public venues. Successful outcomes, demonstrated by reduced risk factors and improved diabetes management, will establish the program as an effective approach for addressing the disease, and improving the quality of life for those affected.

"This is wonderful news for Knox County and could have a huge impact on the health of many of our citizens," said Knox County Mayor Mike Ragsdale. "Partnerships are critical to the success of programs like this."

CARD provides opportunities for both diabetes prevention and management. The primary prevention component is a health education and promotion campaign aimed at youth and adults who are at risk of developing diabetes. Education will be provided through worksite and community sessions, a comprehensive walking program (entitled "Walk

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to Myrtle Beach”), informational materials and incentives. The goal is to provide the knowledge, tools and resources people need to delay or prevent the onset of diabetes. All community members are invited to the community site locations (dates and times are below for reference) for free interventions, education and prizes.

CARD will also provide diabetes management education for individuals diagnosed with diabetes or pre-diabetes. Certified Diabetes Educators from the Fort Sanders Diabetes Program (part of Covenant Healthcare System) will assist Knox County Health Department staff in conducting the diabetes management classes for the CARD program. These classes will equip participants with the knowledge and skills necessary to optimally manage their diabetes. The community classes are free and open to the public (see schedule below).

According to the national Centers for Disease Control and Prevention, there are 17.9 million people nationally diagnosed with diabetes and an estimated 5.7 million people who have the disease but are undiagnosed. In Tennessee, the percentage of adults with diabetes almost doubled between 1996 and 2005, from 5 to 9.1 percent and Tennessee had the sixth highest percentage of diabetic adults compared to all other states. In Knox County, diabetes was the seventh leading cause of premature death in 2005. Knox County Health Department’s initiatives through the CARD Program will directly address reducing these rates.

This project is funded under an agreement with the Tennessee Department of Health.

Walk to Myrtle Beach--Fall 2008 Schedule

Location: Victor Ashe Park
Start Time: 6:30pm
Dates: September 2 (KICKOFF), 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18

CARD Community Diabetes Management Series--Fall 2008

Location: Inskip Recreation Center
Start Time: 6:30pm
Dates: October 2, 9, 16, 23, 30

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