



NEWSLETTER THE T2D CONNECTION

JANUARY 2023



DECEMBER MEETING HIGHLIGHTS

The focus during our December 2022 meeting was Montgomery County Diabetes programs that utilize Community Health Workers and highlighted the following programs.

Shelly Tang, presented on Holy Cross Hospital wide variety of FREE and low-cost programs for diabetes prevention, education and management. For more information on the available programs, please contact Shelly Tang at tangsa@holycrosshealth.org

Dr. Ikenna Myers, Presented on Chronic Disease Management and Wellness Programs at African American Health Program. AAHP offers FREE online ADCES Accredited Diabetes Self-Management classes as well as CDC Prediabetes Prevention Program (DPP) classes and much more, for more info please contact Ikenna.myers@montgomerycountymd.gov

Lucy Kalunde, Presented on Predict-Link-Control -T2 Diabetes Program at Montgomery County DHHS. For more info contact, meghan.sontag@montgomerycountymd.gov

The next Unite 2 Integrate Diabetes Coalition Meeting will be held virtually on **Thursday, February 16th 2023 at 11am. For more info visit [here](#).**

QUARTERLY NEWSLETTER FROM
MONTGOMERY COUNTY
DEPARTMENT OF PUBLIC HEALTH
AND HUMAN SERVICES

We'd love to have you as part of our Unite 2 Integrate Diabetes Coalition community. With your support we can work together to focus on assessing needs, raising awareness of the burden of chronic diseases, and promoting uptake of prevention, education, and promotion efforts. Get involved by clicking on the link below and help us be a voice for our Montgomery County residents.

GET INVOLVED!

DHHS
MONTGOMERY COUNTY
Department of Health
and Human Services

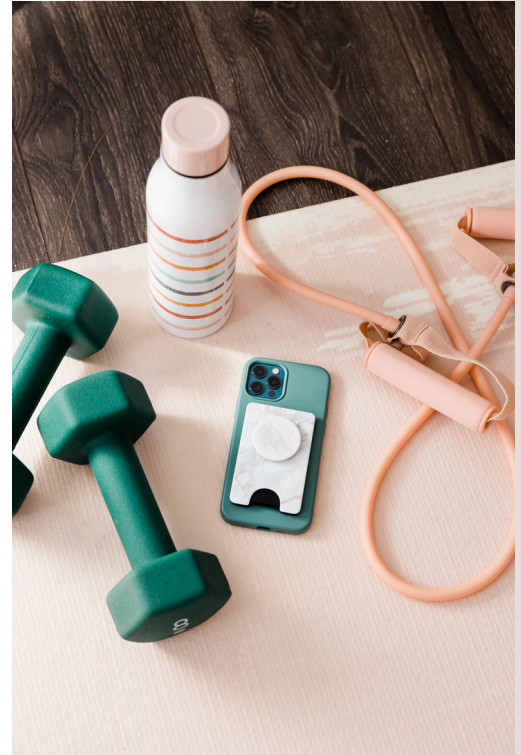
COMMUNITY RESOURCES AND EVENTS

Montgomery County Recreation fitness passes for exercise enthusiasts will be FREE for County residents in 2023. The free pass provides access to fully-equipped fitness rooms, open gym activities, and game rooms at any Community Recreation Center during regularly scheduled hours. Learn more below

<https://www.montgomerycountymd.gov/rec/memberships/centerpasses.html>

January 26, 2023 | 1:00PM | My Active Senior | Balance and Strength Class | Takoma Park Adventist Church Ctr 6810 Eastern Ave NW corner of Laurel and Eastern Ave

January 28, 2023 | 10AM - 1PM | Mt. Calvary Baptist Church Health and Wellness and Women's Ministries | Let's Move event - All Fitness levels and age groups. Includes lunch, keynote speaker, chair yoga, walking, Zumba, hula hoops, line dancing, and more. | 608 N. Horners Lane Rockville, MD 20850 | Register by 01/23/2023 at www.mtcbc.org/lets-move



Featured Initiative: THE MARYLAND DIABETES ACTION PLAN

The Maryland Department of Health created a Diabetes Action Plan to reduce the burden of diabetes in Maryland. The plan recommends a multi-faceted strategy, including:

- Expanding options for nutrition and obesity prevention programs in every community
- Sharing data among health care providers, program providers and state agencies
- Supporting healthy eating at worksites, health systems and school cafeterias
- Assessing the food supply chain to address food pricing and access to healthy foods
- Engaging partners to support state-of-the-art diabetes care including the use of telemedicine, case managers and community workers

The plan is a collaborative effort with healthcare partners and community-based organizations to align efforts, resources and funding. We look forward to learning more about the plan progress at our February U2IDC meeting. You can review the plan [here](#).

Disclaimer: The programs featured in newsletter do not necessarily represent the official endorsement of the Montgomery County Department of Health and Human Services (DHHS)