



## Jackson County Department of Public Health

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2020-03  
FOR IMMEDIATE RELEASE  
JANUARY 10, 2020

### PROGRAM HELPS JACKSON COUNTY RESIDENTS PREVENT TYPE 2 DIABETES

For many Americans, adopting a healthier lifestyle is often a New Year's resolution. Many seek to change their lives in a positive way, though are unsure how to do it successfully and struggle with maintaining their changes. Having a healthy body weight is not about appearance, it is about health. Here in America, one in three adults has prediabetes, and without weight loss or physical activity, many of them can develop type 2 diabetes within 5 years.

The Diabetes Prevention Program offers a real chance to prevent or delay the onset of type 2 diabetes by adopting a healthier lifestyle. The program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay type 2 diabetes. The local program will meet at the Jackson County Department on Aging Senior Center, on Fridays from 11 AM – 12 PM, beginning February 7, 2020. Registration is required for the program and space is limited.

If you have prediabetes, the Diabetes Prevention Program (DPP), a lifestyle change program by the Jackson County Department of Public Health can help you make lasting healthy habits to prevent type 2 diabetes. You will work in a group with two trained lifestyle coaches to learn how to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

The Diabetes Prevention Program group meets for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain healthy lifestyle changes. The program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds. 2020 marks the 6<sup>th</sup> year of the Diabetes Prevention Program in Jackson County. Cohorts have been successful in weight loss over the course of a year, lowering their HbA1c, and gaining skills and knowledge to continue change. To learn more about the Diabetes Prevention Program and to register, please call the Jackson County Senior Center at (828) 586-5494 or visit in person at 100 County Services Park Sylva, NC 28779.

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