



## Jackson County Department of Public Health

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### Health Department Offers Lifestyle Change Program

The Jackson County Department of Public Health will be offering the Diabetes Prevention Program (DPP) in a virtual format beginning March 23, 2021. DPP is a proven lifestyle change program focusing on adopting healthy behaviors over the course of a year, from March 2021 – February 2022. You'll get a full year of support and learn how to eat healthy, add physical activity to your routine, manage stress, stay motivated, and solve problems that can get in the way of your goals. This program is proven to prevent or delay type 2 diabetes. Participants who lost 5-7% of their body weight and added 150 minutes of exercise per week cut their risk of developing type 2 diabetes by up to 58% (71% for people over 60 years old).

The program is for individuals 50 years and older who have prediabetes or may be at risk for type 2 diabetes. According to the Centers for Disease Control and Prevention, prediabetes is a health condition that is serious. In the United States, over 88 million American adults (or 1 in 3) have prediabetes, however 8 in 10 don't know they have it.

Additionally, you are at risk for developing type 2 diabetes if you have prediabetes, are overweight, are 45 years or older, have a parent, brother, or sister with type 2 diabetes, are physically active less than 3 times a week, have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds, are African American, Hispanic/Latino American, American Indian, or Alaska Native. Some Pacific Islanders and Asian Americans are also at a higher risk. Fortunately, lifestyle changes such as eating healthy, being physically active, and maintaining a healthy weight can have a positive impact for those who have prediabetes or are at risk for type 2 diabetes.

Participants will join virtual interactive, small group classes taught by two trained Lifestyle Coaches – Lee Lillard, a registered dietitian and certified diabetes educator, and Janelle Messer, a health educator, both with the health department. The program will meet on Tuesdays at 12 NOON through the Zoom platform. There will be video and phone call-in options available. Registration is required and spaces are limited. To register for the program, please call Janelle Messer, health education supervisor, at 828-587-8238.

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