

Jackson County Department of Public Health

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JCDPH EARNS CDC FULL RECOGNITION FOR DIABETES PREVENTION PROGRAM

The Jackson County Department of Public Health (JCDPH) recently earned Centers for Disease Control (CDC) Full Recognition for the Diabetes Prevention Lifestyle Program. This designation is reserved for programs that have effectively delivered a quality, evidence-based program that meets all standards set forth by the CDC. JCDPH is proud of Lifestyle Coaches Janelle Messer and Lee Lillard who work diligently to motivate program participants to make lifestyle changes to prevent type 2 diabetes.

The Diabetes Prevention Lifestyle Program is a year-long program that helps participants make real lifestyle changes such as eating healthier, including physical activity into their daily lives, and improving problem-solving and coping skills. To learn more about this program, call Janelle Messer, Health Education Supervisor and Lifestyle Coach, at 828-587-8238.



Jackson County Department of Public Health earns CDC Full Recognition, an honor bestowed on the agency by the Division of Diabetes Translation with the Centers for Disease Control.

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