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DOH-Jackson Hosts 'Putting Your Health First Event' in Recognition of National Diabetes Awareness Month



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Jackson, Fla. — The Florida Department of Health in Jackson County (DOH-Jackson) invites community members aged -18 and older- to attend the Putting Your Health First event on Friday, November 14, 2025. In observance of National Diabetes Awareness Month, recognized annually in November, this event emphasizes the importance of diabetes prevention and management.

The event will be held from 9 a.m. – noon at:

**The Cut Barbershop
2839 Jefferson St.
Marriana, FL 32448**

This event does not require attendees to bring anything, and preregistration is not required. Free diabetes risk tests will be provided to attendees.

There are two main types of diabetes. In type 1 diabetes, which is not preventable, the body cannot produce enough insulin, requiring insulin treatment. In type 2 diabetes, the body makes insulin, but the insulin does not work. Type 2 diabetes is most common; however, it can be preventable by practicing a [healthy lifestyle](#).

Diabetes Prevention and Management

Several lifestyle factors can help individuals prevent or manage diabetes:

- **Stay active:** Regular physical activity helps the body use insulin more easily. It is recommended for adults to exercise 30 minutes per day, five days a week. Walking is one of the easiest ways to start.
- **Nutritious eating:** Healthy eating plays an important role in lowering the risk for type 2 diabetes. A diet with whole grains, healthy fats, non-starchy vegetables, and reduced sugar can help the body better regulate insulin.
- **Manage stress:** Adding stress-reducing activities into daily routines can help maintain normal blood sugar levels. Getting enough sleep is key to reducing stress. Adults should aim for seven to nine hours of sleep per night.

Type 1 Diabetes Early Detection Program

This year, the Florida Legislature passed [Senate Bill 958](#), Type 1 Diabetes Early Detection Program. The Florida Department of Health, in collaboration with school districts throughout the state, has developed informational materials for the early detection of type 1 diabetes for parents and guardians of students. This program promotes early detection of type 1 diabetes in children by educating parents and guardians on risk factors, warning signs, screening, and recommendations.

PreventT2

The PreventT2 curriculum promotes modest weight loss (5%–7%) and increased physical activity through a 12-month lifestyle change program. The curriculum focuses on self-confidence, physical activity, and diet by providing a lifestyle coach. Participants must be 18 years old or older. For more information, visit Jackson.FloridaHealth.gov or call 850-526-2412.

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About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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