

Program Outcomes

Diabetes Solutions has been offered in person since 2016. Participants achieve significant reductions in A1c as well as weight loss and improvements in other biometrics such as triglycerides, blood pressure and cholesterol.

Additional potential outcomes include:

- Increased quality of life
- Reduced medication needs
- Lower healthcare expenditures
- Chronic disease remission
- Improved energy and emotional well-being
- Weight loss

Our team aims to show people how to prevent, manage and ideally reverse the chronic health conditions that effect so many of us.

Given the recent pandemic and the need for a comprehensive approach to health and healing, we developed a virtual component to diabetes solutions so we can reach and work with people in their homes or place of choice. We provide on-going support and services necessary for sustainable lifestyle and behavior change. We can help combat chronic disease, improve your diabetes management and help you to thrive by accessing us and our services from your phone or computer.

Our services are offered over the phone, by using FaceTime or via a HIPAA compliant Zoom platform.

Services & Resources:

All services are offered online.

- One-on-one coaching from a dietitian and a nurse who are diabetes experts
- Your choice of a phone call, FaceTime, or Zoom meeting
- Educational materials and resources
- Cookbook
- Wellness Guidebook
- Support, motivation and encouragement
- Enrollment Assistance
- Access to diabetes care and education specialists

*Commit to a
better tomorrow,
today!*

COST

There is usually no cost to the participant as our telehealth services are covered by many insurance providers. If not, we still want to work with you and can often do so for no cost to you.

REQUIREMENTS

- A diagnosis of diabetes
- A positive attitude ready and willing to learn
- Access to a telephone, FaceTime or Zoom

ELIGIBILITY

Individuals diagnosed with diabetes or pre-diabetes are eligible.

HOW TO ENROLL

1. Speak with your healthcare provider and request a referral.
2. Your healthcare provider will then complete a referral form and fax it to us.
3. We will then call you regarding enrollment and schedule your first appointment.

www.jckwellness.com/diabetessolutions

PROGRAM CONTACT

Dr. Catherine Moring, Program Director

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Diabetes SOLUTIONS

A PATIENT-CENTERED APPROACH TO
HEALTH AND HEALING

*The answer
to a better
tomorrow!*

Diabetes Solutions is accredited through the American Association of Diabetes Educators and provides self-management education and support services for an array of chronic health conditions designed to help you heal and thrive.

Diabetes Solutions services
are offered through the
JAMES C. KENNEDY
Wellness Center

Mission

Our mission is to educate and empower our clients to improve health and thrive. We aim to prevent the onset of diabetes complications and associated health concerns in those at risk and to better manage, and ideally reverse such conditions in those who are already affected.

Not only do we specialize in weight loss and blood sugar control, we have expertise in addressing inflammation and working to improve all aspects of health and wellness, including emotional well-being. We focus on the whole person and often see clients reduce the need for many medications by learning to use food and exercise as medicine.

Diabetes Solutions

Diabetes Solutions provides exceptional individual patient care in a one-on-one format via telehealth. We use an array of platforms for contact including: Audio-only telephone calls, Face Time and/or Zoom. Depending on the patient's needs and preferences, we will work to ensure an appropriate fit. At the program onset, we will mail each patient a resource package including useful handouts, a wellness guidebook and cookbook.

Appointments can be made as frequently as weekly or as seldom as quarterly. The plan of service is tailored to meet each patient's individual needs and desires. Appointments typically last 30 minutes but can range from 15 minutes to an hour, depending on the goals for the session and information covered.

We also offer a Diabetes Prevention Program for individuals diagnosed with pre-diabetes.

Meet our Team



Dr. Catherine Moring, PhD, RDN, LD, BC-ADM, CDCES, MCHES
PROGRAM DIRECTOR

Dr. Moring is Board Certified in Advanced Diabetes Management. She is a certified diabetes care and education specialist, a registered and licensed dietitian, and a master certified health education specialist. She has a PhD in health and kinesiology and a Masters in health promotion. She is the founder and executive director of the James C. Kennedy Wellness Center located in the Mississippi Delta and has been working in the community health and diabetes field for over 10 years. She is passionate about diabetes care and has helped numerous people living with diabetes meet their target A1c and other health related goals. She is committed to continuous learning and advancing her knowledge base and would love the opportunity to work with you.



Jennifer Taylor, RN, CDCES, CPT, SFN
PROGRAM INSTRUCTOR

Jennifer is a registered nurse, certified diabetes care and education specialist, certified personal trainer, specialist in fitness nutrition and certified health coach. She brings over 20 years of nursing and diabetes education experience to Diabetes Solutions. Jennifer is the Assistant Director of the James C. Kennedy Wellness Center and has worked with many patients over the years to lose weight, reach their health goals and reduce the use of medications. She is friendly, compassionate, committed to learning and will be your biggest cheerleader!



Barbara Green, CPT
ENROLLMENT STAFF

Barbara assists with program enrollment and billing and is the program registration coordinator. She can answer any questions related to enrollment and will always be helpful. She is also a certified personal trainer.

Testimonials

"The diabetes program has worked wonders for me! I started with an A1C of 8.7 and now it's 5.4. I also lost 26 pounds. I have learned to cook and eat healthier. I especially enjoy being able to access the program from home and that I don't have to travel."

– CW (70, female)

"My anxiety is gone. I am sleeping and have tons of energy. My A1c went from 6.9 to 5.1 and I lost over 35 pounds without even feeling like I was dieting."

– A.R. (56, female)

"I feel 10 years younger! My A1c is below target and I have lost almost 40 pounds."

– J.P. (75, male)

"I learned how to cook, meal prep and eat foods to calm inflammation. I lost over 10 pounds and my A1c went from 7.5 to 5.6."

– B.A. (31, female)

"I now know what to eat to manage my sugars and the importance of movement. My A1c has gone from 10.7 to 6.0 and I have lost almost 20 pounds!"

– G.B. (55, female)

"My A1c went from 8.2 to 5.0. I also lost over 30 pounds and was able to stop taking all of my medicine."

– D.W. (53, male)

"By changing my diet, I reduced my triglycerides from 1,198 to 106 and my A1C from 7.7 to 5.4 in 5 months."

– D.M. (65, male)

"My blood sugar was averaging 300 and my A1c was 11.4. My A1c is now 6.1, I lost 40 pounds and 5 inches in my waist."

– D.J. (76, male)

"In just a few months my A1C went from 11.3 to 6.7. The instructors provides suggestions for lifestyle and diet changes that are easy to stick to and the program is easily accessible by phone or computer."

– AG (48, female)

COMMON OUTCOMES:

Reduction in A1c

Significant weight loss

Improved emotional well-being

Reduced inflammation