

## DIABETES PREVENTION PROGRAM STARTING JANUARY IN MECOSTA COUNTY

Big Rapids, MI, December 4, 2017– District Health Department #10 is offering the National Diabetes Prevention Program (NDPP) in Mecosta County. The program's first class will begin Monday, January 29, 2018 from 5:30-6:30pm at the DHD#10- Mecosta Office located at 14485 Northland Dr., Big Rapids. NDPP will meet every Monday, same time and location for sixteen weeks and then monthly for the remainder of the year. Deadline to register is January 24<sup>th</sup>.

One out of three adults lives with prediabetes, most of which are unaware of their condition. In Michigan, that is about 2.6 million adults. However, Type 2 diabetes can be prevented or delayed with a healthy lifestyle, as evidenced through the National Diabetes Prevention Program.

To be eligible for NDPP, a person must be overweight and at high risk for developing diabetes, or overweight and have been diagnosed by a physician as someone with prediabetes. Cost for program materials is determined by sliding fee scale- please call for pricing. The program is now accepting Priority Health Insurance.

Participants in the NDPP learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. The program's group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together participants celebrate their successes and find ways to overcome obstacles.

Prediabetes is determined by one of the one of the following blood test results:

- Fasting plasma glucose between 100-125 mg/d
- A1c between 5.7% and 6.4%
- 2-hour plasma glucose between 140 to 199 mg/dl

In addition, a combination of risk factors such as family history, being overweight or obese, gestational diabetes and inactivity may also put a person at risk and therefore make them eligible for the NDPP.

To register for NDPP or learn more about the program, call **Karen at (231) 305-8659** or **via email at [kripke@dhd10.org](mailto:kripke@dhd10.org)**. For more information, please visit [www.dhd10.org](http://www.dhd10.org) or [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

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