

## DIABETES PREVENTION PROGRAM STARTING JANUARY IN CRAWFORD COUNTY

Grayling, MI, December 4, 2017– District Health Department #10 is offering the National Diabetes Prevention Program (NDPP) in Crawford County. There will be an information session on January 12, 2018 from 11-12pm at the Health Department located at 501 Norway Street, Grayling, MI. The program's first official class will be January 19, 2018 from 11-12pm at the same location. NDPP will meet every Friday, same time and location for sixteen weeks and then monthly for the remainder of the year. Deadline to register is January 5, 2018.

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 **Kim at (989) 348-7800 ext 7589** or via email at [kchandler@dhd10.org](mailto:kchandler@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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Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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