

## DISTRICT HEALTH DEPARTMENT #10 TO START A DIABETES PREVENTION PROGRAM IN WEXFORD COUNTY

(Cadillac, MI) September 5, 2018 – District Health Department #10 (DHD#10) is starting a new class of the [National Diabetes Prevention Program](#) (NDPP) in Cadillac. The NDPP will meet regularly for **16 weeks starting on October 9** at the health department located at **521 Cobb Street in Cadillac**. To qualify for NDPP, a person must be overweight and at risk for developing diabetes, or overweight and have been diagnosed by a physician as someone with prediabetes.

One out of three adults live 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 NDPP.

Will diabetes affect you or a loved one? Now is the time to take charge. About 26 million people are living with diabetes and 79 million more are at risk for diabetes. If you or loved one is living with diabetes, take time to go over a daily care plan. Small changes can make a big difference in preventing health challenges today and in the future. You can prevent or delay the onset of type 2 diabetes by losing 5% to 7% of your body weight—that is 10 to 14 pounds for a 200-pound person, and by making simple lifestyle changes, such as getting 150 minutes of physical activity a week and eating a balanced diet including fruits and vegetables.

NDPP helps those at high risk for developing type 2 diabetes adopt and maintain a healthy lifestyle by eating right, increasing physical activity and losing a modest amount of weight. In a classroom setting, a trained lifestyle coach facilitates a small group of participants in learning about behavior changes over 16 one-hour sessions. Topics include healthier eating, getting started with physical activity, overcoming stress, staying motivated and more. The group helps to motivate and encourage each other. After the initial 16 core sessions, participants meet monthly for additional support to help maintain their progress.

To participate in the NDPP, a person must be overweight and have prediabetes or be at high risk. 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 the NDPP starting on October 9 or learn more about the program, contact Caitlin Hills at (231) 876-3803 or <mailto:mchills@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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