

DIABETES PREVENTION PROGRAM STARTING IN MANISTEE COUNTY

Manistee, MI, January 9, 2019 – District Health Department #10 is offering the National Diabetes Prevention Program (NDPP) in Manistee County. The program's first official class will be Tuesday, February 12, 2019 from 5:30-6:30 pm at the Manistee office 385 3rd St. NDPP will meet every Tuesday, same time and location for sixteen weeks and then monthly for the remainder of the year. Deadline to register is February 4th.

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 by 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 following blood test results:

- Fasting plasma glucose between 100-125 mg/dl
- 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 **Holly at (231) 316-8558** or **via email at hjoseph@dhd10.org**. For more information, please visit www.dhd10.org or www.cdc.gov/diabetes/prevention.

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program,



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Oceana
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Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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