

## ARE YOU AT RISK FOR TYPE 2 DIABETES? It's Time for a Change!

Ludington, MI, January 29, 2019 – The National Diabetes Prevention Program is coming to Mason County, on behalf of District Health Department #10 (DHD#10). Currently, one in three adults is living with prediabetes (higher than normal blood sugar levels), most of which are unaware of their condition. In Michigan, that equals about 2.6 million adults. The good news – type 2 diabetes can be prevented or delayed with a healthy lifestyle, as evidenced through the National Diabetes Prevention Program (NDPP).

This class will be held at the DHD#10 Mason Office (916 Diana St) in Ludington, MI. The program's first class will begin Wednesday, March 6<sup>th</sup> at 5:30 pm. NDPP will meet every week for sixteen weeks and then monthly for the remainder of the year. Cost for program materials is determined by a sliding fee scale - please call for pricing. The program also accepts Priority Health Insurance and Priority Health Medicare plans.

To qualify for NDPP, a person must be overweight and at high risk for developing diabetes, or overweight and have been diagnosed by a health care provider as someone with prediabetes. 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, history of gestational diabetes, and inactivity may also put a person at risk and therefore make them eligible for the NDPP. Call Erin to see if you are eligible at (231) 902-8545.

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.

To register for the NDPP or to learn more, contact Erin at (231) 902-8545 or [ebarrett@dhd10.org](mailto:ebarrett@dhd10.org). Participants are asked to register by March 1<sup>st</sup>. Late Registration deadline is March 8<sup>th</sup>.

### 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, 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



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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



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Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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