

DIABETES PREVENTION CLASS AVAILABLE IN GRAYLING

Grayling, MI, September 16, 2019 | The National Diabetes Prevention Program is coming to Crawford 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).

DHD#10 will be hosting an information session about the diabetes prevention class on Monday, October 7, from 5:30-6:30 PM at, Munson Healthcare Grayling Hospital, 1100 Michigan Ave, in the Crawford Room in Grayling, MI. The program's first class will begin Monday, October 14 at the same time and location. 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 accepts Priority Health Insurance Commercial 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.

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 Zoey at (231) 314-8627 or zthayer@dhd10.org.

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