

## DHD#10 RECOGNIZES NATIONAL DIABETES MONTH

November 8, 2022 – November is National Diabetes Month. According to the Centers for Disease Control and Prevention (CDC), just over 35 million Americans are living with Type 2 diabetes, with 1.4 million new cases being diagnosed every year. The CDC also states that one in three U.S. adults, or about 96 million people, is living with prediabetes, most of which are unaware of their condition. The good news is that Type 2 diabetes can be prevented or delayed.

Will diabetes affect you or a loved one? This National Diabetes Month, take a step toward preventing Type 2 diabetes by joining District Health Department #10 (DHD#10)'s National Diabetes Prevention Program (NDPP). The 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 group setting, a trained lifestyle coach will help participants learn how to change behaviors over 16 one-hour sessions. Session topics include mindful eating, physical activity, triggers, stress, sleep, diet trends and myths, and more. The group helps to motivate, support, and encourage each other. After the initial 16 core sessions, participants meet monthly for addition support to help maintain their progress.

To participate in DHD#10's 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.

DHD#10 has National Diabetes Prevention Programs starting soon. To enroll, or learn more about the program, contact **Caitlin Cameron** at **(231) 876-3803** or **ccameron@dhd10.org**. For more information, please visit <https://www.livewell4health.org/diabetes-prevention> or [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

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