

DIABETES PREVENTION PROGRAM INFORMATION SESSION

Kalkaska Residents Invited to DHD#10 Information Session

January 3, 2024 – District Health Department #10 (DHD#10) will be hosting an information session about the National Diabetes Prevention Program (NDPP) at their Kalkaska Office on January 11, 2024, at 5pm.

The NDPP, which is offered by LiveWell4Health, focuses on lifestyle changes that can help residents lose up to 5-7% of their body weight, increase their physical activity to 150 minutes a week, and/or lower their A1C by .2% over the course of the year long program. DHD#10 is inviting Kalkaska Residents that are interested in learning more about the NDPP in their county to attend this information session.

The information session will begin at 5pm on January 11, 2024 and be held at the DHD#10 Kalkaska Office:

DHD#10
625 Courthouse Dr.
Kalkaska, MI 49646

The NDPP is designed for resident that (only 1 needs to apply):

- Had a blood test result in the prediabetes range within the past year (includes any of these tests and results):
 - Hemoglobin A1C: 5.7–6.4%
 - Fasting plasma glucose: 100–125 mg/dL
 - Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL
- Be previously diagnosed with gestational diabetes (diabetes during pregnancy).
- Received a high-risk result (score of 5 or higher) on the Prediabetes Risk Test.

To qualify participants in the program must meet at least one of the above criteria and meet the following (must meet all):

- Be 18 years or older,
- Have a body mass index (BMI) of 25 or higher (23 or higher if Asian American),
- Not be previously diagnosed with Type 1 or Type 2 diabetes, and
- Not be pregnant.

For additional questions about the NDPP in Kalkaska County, please visit <https://www.livewell4health.org/diabetes-prevention> or contact Shaun O'Connor at soconnor@dhd10.org.

###



MEDIA CONTACT

Nicholas Eckhart
Public Information Officer
O: 616-500-0246
C: 575-405-9082
E: neckhart@dhd10.org



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10



[districthealthdept10](https://www.instagram.com/districthealthdept10)



Proud member of
the [Northern
Michigan Public
Health Alliance](#): 7
local health
departments
advocating for
public health.

