

NATIONAL DIABETES PREVENTION PROGRAM TO BE HOSTED IN FREMONT

October 17, 2023 – District Health Department #10 (DHD#10) and TrueNorth Community Services are partnering together to bring the National Diabetes Prevention Program (NDPP) to Newaygo County.

More than one in three American adults are living with prediabetes, higher than normal blood sugar levels, and most don't know they have it. The good news is type 2 diabetes can be prevented or delayed through a healthy lifestyle, as evidenced by the NDPP, a Centers for Disease Control and Prevention (CDC) recognized lifestyle change program.

DHD#10 will be hosting the program's first class on Wednesday, October 25 from 10:00 to 11:00 AM at TrueNorth Community Services (6308 S. Warner Avenue, Fremont, MI 49412). The class will meet every week for approximately sixteen weeks then transition into monthly meetings for the remainder of the year. The program accepts Priority Health and Medicare insurance plans. If you do not have either of these, the cost for program materials is determined by DHD#10's sliding fee scale - please call for pricing.

To be eligible for the National Diabetes Prevention Program, a person must be 18 years or older, have a body mass index of 25 or greater, and qualify via the [CDC Prediabetes Risk Test](#) or 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

Participants in the NDPP will be given the opportunity to learn skills and utilize the tools necessary to make simple, lasting choices to improve overall health, all while losing a modest amount of weight. Program topics include: what is type 2 diabetes, physical activity, eating well, managing stress, and problem-solving challenges. The program's group setting provides accountability and a supportive environment for people who are facing similar challenges. Together, participants find ways to overcome obstacles and celebrate their successes.

To register for the National Diabetes Prevention Program or to learn more, visit www.livewell4health.org/diabetes-prevention or contact Katie at (231) 674-5217 or khaner@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.

