

# SOUTHEAST MICHIGAN HOSPITAL COLLABORATIVE

A Collaborative Partnership to Prevent Diabetes in Southeast Michigan



**Beaumont**



**Ascension**



National Kidney Foundation<sup>®</sup>  
of Michigan

## DIABETES PREVENTION PROGRAM (DPP)

**84 Million Americans have prediabetes** and are at risk for diabetes, heart disease and stroke. 9 out of 10 of them don't know it.  
**You could be one of them!\***



### Diabetes Prevention Program

Each DPP Workshop is 16 weekly sessions followed by monthly maintenance sessions where you will get help from a trained lifestyle coach to be healthier and prevent Type 2 diabetes. You will learn to:

- *Move those muscles*
- *Control your portions*
- *Lose a moderate amount of weight*
- *Manage stress*
- *Stay motivated*
- *Much more!*

**Cost:** *This workshop is covered by various insurers and funders. Attend an information session to learn more.*

Workshop Location	Workshop Day/Time	Info Session	Start Date
Detroit Public Library, Redford Branch 21200 Grand River Detroit, MI 48219	Tuesdays 11:00 am	Tuesdays January 29, 2019 & February 12, 2019 11:00 am	Tuesday February 19, 2019 11:00 am
Metropolitan Church of God 13400 Schaefer Hwy. Detroit, MI 48227	Thursdays 6:00 pm	Thursday January 24, 2019 6:00 pm	Thursday January 31, 2019 6:00 pm
Grace Bible Chapel 5440 Oakman Blvd. Detroit, MI 48204	Wednesdays 10:30 am	Wednesday January 23, 2019 10:30 am	Wednesday January 30, 2019 10:30 am

To find out more about the Southeast MI Diabetes Prevention Program or to sign up for a workshop, Visit [bit.ly/SEMIDPPmap](http://bit.ly/SEMIDPPmap), email [preventdiabetes@gdahc.org](mailto:preventdiabetes@gdahc.org) or call 833-399-4375.

**\*See the back of this flyer for additional information.**

### **Why should I care about prediabetes?**

Many people don't know they have prediabetes. Prediabetes means your blood glucose (sugar) is higher than normal, but not yet diabetes. Diabetes is a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of feet or legs. Type 2 diabetes can be delayed or prevented in people with prediabetes through effective lifestyle programs. Take the first step. Find out your risk by taking a short Risk Test at: [www.DolHavePrediabetes.org](http://www.DolHavePrediabetes.org).

### **Why should I enroll in the Diabetes Prevention Program?**

The Diabetes Prevention Program is proven to help people lose weight and lower their risk of type 2 diabetes by 58%. Even small changes can make a big difference in your health. Working with a trained lifestyle coach and having the support of people just like you can help you make the changes that will get you healthier and prevent type 2 diabetes.

### **I have been diagnosed with diabetes. Is the Diabetes Prevention Program for me?**

This program is a prevention program for those who have been diagnosed with prediabetes or may be at risk of developing type 2 diabetes. If you are currently living with diabetes, the Southeast MI Diabetes Prevention Program can help connect you to other resources to help you manage your diabetes, like Diabetes Self-Management Education (DSME) or the Diabetes-PATH (Personal Action Toward Health) program.

### **How do I know if I qualify for the program?**

To qualify for this program, individuals must be 18 or older, have a BMI of 25 or greater, be at a high risk for developing type 2 diabetes, or have been diagnosed with prediabetes by a health care provider. You can also take the Diabetes Risk Test to determine your personal risk at [www.DolHavePrediabetes.org](http://www.DolHavePrediabetes.org). For more information on workshops or to see if you qualify, email [preventdiabetes@gdahc.org](mailto:preventdiabetes@gdahc.org) or call the Southeast MI Diabetes Prevention Resource Center at 833-399-4375.

### **What happens in each session?**

In a group setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, getting started with physical activity, overcoming stress and more. The workshops follow the curriculum developed and approved by the US Centers for Disease Control and Prevention (CDC). For more information, see the [CDC's National Diabetes Prevention Program](http://www.cdc.gov/diabetes/prevention) website.

### **How long is the program and how often are sessions held?**

The Diabetes Prevention Program is a year-long program that consists of 16 weekly sessions, followed by monthly sessions for added support and to help maintain progress. Each session meeting is an hour long. That's just 22 hours over one year!

### **How do I register?**

You can get information about registering on the Southeast MI DPP Map at [bit.ly/SEMIDPP](http://bit.ly/SEMIDPP); search for a location near you and click on a "bubble" for more information, including how to register. You can also call the Southeast MI Diabetes Prevention Resource Center at 833-399-4375 or send an email to [preventdiabetes@gdahc.org](mailto:preventdiabetes@gdahc.org).

### **Where can I find more information?**

For more information about the Diabetes Prevention Program, visit the Centers for Disease Control and Prevention's (CDC) research on the National Diabetes Prevention Program, visit [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).