



DIABETES PREVENTION PROGRAM

Host Location

Gary Burnstein Clinic
45580 Woodward Ave.
Pontiac, MI 48341

Date

Information session on
Wednesday, September 6, 2017
OR Wednesday, September 13,
2017

Time:

5:30-7:00 p.m.

Register

Call 800-482-1455 or email
preventdiabetes@nkfm.org

Cost

This workshop will be offered at
no cost to qualified participants.

Small steps can prevent diabetes

Becoming more active and losing a moderate amount of weight can help you change your family history. The **Diabetes Prevention Program** will help you take steps to prevent type 2 diabetes.

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Move those muscles

.....
Control your portions

.....
Find your healthy weight

.....
Be part of a group

.....
Manage stress

.....
Stay motivated

.....
**16 weekly sessions followed by monthly
maintenance sessions**
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Frequently Asked Questions

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 Diabetes Prevention Center can connect you to other resources to help you manage your diabetes, like Diabetes Self-Management Education (DSME) or the National Kidney Foundation of Michigan's Diabetes-PATH program.

How do I know if I qualify for the program?

To qualify for this program, individuals must be overweight, at a high risk for developing type 2 diabetes, or have been diagnosed with prediabetes by a physician. You can also take the CDC Prediabetes Test to determine your personal risk at www.nkfm.org/dpp. For more information on workshops or to see if you qualify, email preventdiabetes@nkfm.org or call the Diabetes Prevention Center at 800-482-1455.

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.

What happens in each session?

In a group setting, a trained lifestyle coach facilitates a small group of participants in learning about healthier eating, physical activity, and other behavior changes. Topics covered include: healthy eating, getting started with physical activity, overcoming stress, staying motivated, and more!

Do I need to purchase any equipment before starting the program?

No outside equipment is necessary for this program. Having a smartphone and tracking app may be helpful for tracking your food intake and physical activity, but is not required.

How do I register?

You can register online at www.nkfm.org/dpp by clicking on the class location you're interested in and submitting the registration form. You can also call the Diabetes Prevention Center at 800-482-1455 to register.

Where can I find more information?

For more information about the Diabetes Prevention Program, visit www.nkfm.org/dpp. To learn about the Center's for Disease Control and Prevention's (CDC) research on the National Diabetes Prevention Program, visit www.cdc.gov/diabetes/prevention.