

# YOU CAN MAKE A CHANGE FOR LIFE



Have you ever been told by a health care professional that you:

- Are at risk for getting diabetes?
- Have prediabetes?
- Have borderline diabetes?
- Have high blood sugar or glucose?
- Had gestational diabetes?

You may be at high risk for type 2 diabetes, but there is something you can do about it.

The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

You can prevent or delay type 2 diabetes! Sign up today and make a change for life!

Find out how to enroll by contacting:

**For More Information:**

For a map of classes currently being offered; click a location for information about the class: <http://bit.ly/SEMIDPPmap>

For a list of classes currently being offered that you can scroll through for more information: <http://bit.ly/SEMIDPPlist>



## Southeast Michigan Master List and Map of DPP\* Classes

### What is it?

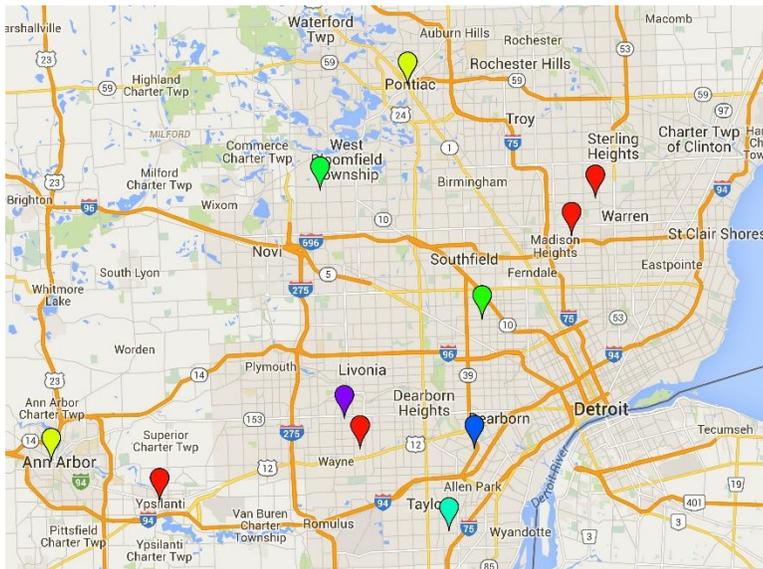
An interactive map and viewable list of all the DPP classes offered in Wayne, Oakland and Macomb Counties, by any DPP provider that is seeking or has obtained status as a CDC Diabetes Prevention Recognition Program.

### Why do we need a Master List?

To make it easy for patients and those helping patients to find DPP classes that are at a convenient time and location for the patient. The map and viewable list allow patients/helpers to search by location and/or day/time. Having one list with all the available options for DPP classes will make it easier for people to find the best options.

### How is the information in the Master List maintained?

All DPP providers will be able to add/update their own classes to the Master List through an online form. DPP providers can contact Sam Shopinski to obtain access to the online form.



### How do I find a DPP class?\*

[SEMI DPP Workshop Map](#): an interactive map of all open DPP classes in Southeast Michigan

[SEMI DPP Master List](#): a list of workshop locations, start dates, and registration information

### Who can I contact for more information?

For more information, contact Sam Shopinski at 734-222-9800 or [sshopinski@nkfm.org](mailto:sshopinski@nkfm.org).

\* *Prediabetes is the condition in which blood glucose or A1C levels are higher than normal but not yet high enough to be considered diabetes. People with prediabetes have an increased risk of developing type 2 diabetes, and are at higher risk of heart disease and stroke.<sup>1</sup> Evidence from the Diabetes Prevention Program (DPP) demonstrated prediabetes risk can be reduced by 57% when those at high risk make modest lifestyle changes, specifically losing 5-7% body weight and being physically active 5 days a week for at least 30 minutes.<sup>2</sup>*

*The classes included on the Master List are based on this evidence and are CDC-recognized lifestyle change programs using CDC-approved curriculum, assuring the programs are of high quality. DPP classes are conducted by trained lifestyle coaches who work with participants to help with modest weight loss and physical activity. Lifestyle coaches help participants track and log progress, learn how to eat healthier, reduce barriers and help with skills to make participants more successful.*

\*\*Complete links for Southeast MI DPP Master List:

Map: <http://bit.ly/SEMIDPPmap>

List: <http://bit.ly/SEMIDPPlist>

<sup>1</sup> Diabetes Prevention Program Research Group, Knowler WC, Fowler SE, Hamman RF, Christophi CA, Hoffman HJ, Brenneman AT, Brown-Friday JO, Goldberg R, Venditti E, Nathan DM. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *Lancet*. 2009;374(9702):1677–86. doi: 10.1016/S0140-6736(09)61457-4. Epub 2009 Oct 29. Available from <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3135022>

<sup>2</sup> The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine* 2002 Feb 7;346(6):393-403.