

# SOUTHEAST MICHIGAN HOSPITAL COLLABORATIVE

A Collaborative Partnership to Prevent Diabetes in Southeast Michigan



Beaumont



Ascension



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

## DIABETES PREVENTION RESOURCE CENTER

# 84 Million

## Americans have prediabetes

and are at risk for diabetes, heart disease and stroke.

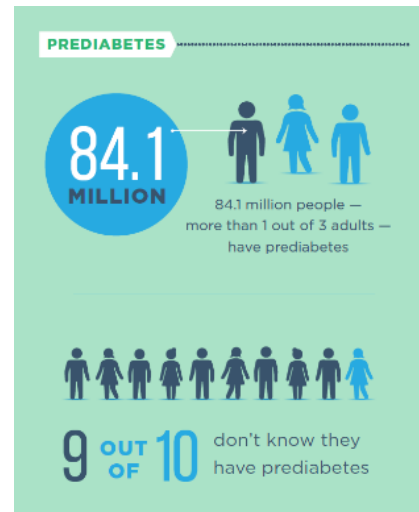
9 out of 10 of them don't know it.

### You could be one of them!\*

### Diabetes Prevention Resource Center

Contact the Diabetes Prevention Resource Center to:

- Learn more about prediabetes and how to find out if you may have it
- Learn more about the Diabetes Prevention Program and if its right for you
- Find a Diabetes Prevention Program workshop that is convenient for you
- Get help registering for a Diabetes Prevention Program Workshop
- Be added to a waiting list for a Diabetes Prevention Workshop that fits your schedule



Contact the **Diabetes Prevention Resource Center:**

Phone: **833-399-4375**

Email: [preventdiaetes@gdahc.org](mailto:preventdiaetes@gdahc.org)

\*See the back of this flyer for additional information about prediabetes and the Diabetes Prevention Program.

### **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 Resource Center can 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) website on the National Diabetes Prevention Program, at [www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).