

Southeast Michigan DPP* Map Fact Sheet

What is it?

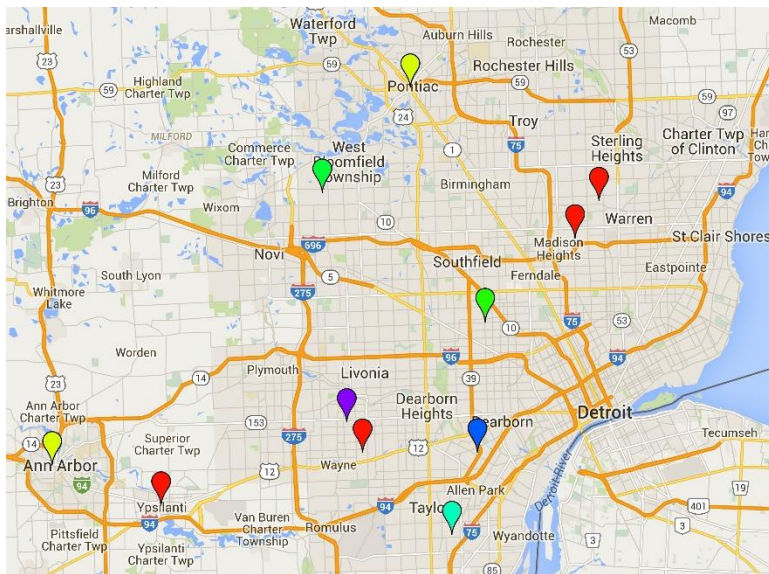
An interactive map showing locations of all **currently available** Diabetes Prevention Program (DPP) classes in Wayne, Oakland, Macomb, Genesee, Livingston, Monroe, St. Clair, Lenawee and Washtenaw Counties, that are being offered by a CDC-recognized DPP provider (a DPP provider that is seeking or has obtained status as a CDC Diabetes Prevention Recognized Provider). The map provides details about the class by clicking the “balloon” where the class is located. The map only includes classes that are **currently available**; classes are removed from the SEMI DPP Map after they have started and class registration has ended.

Why do we need a Southeast MI DPP Map?

To make it easy for people in Southeast Michigan to find DPP classes at a time and location that are convenient for the participant. There is also a statewide list that can be searched by county or by city.

How is the information in the Southeast MI DPP Map maintained?

All DPP providers are able to add/update their own classes on the statewide list using a [form](#) that can be found on the website for the statewide list. Once a DPP provider adds a class in Southeast Michigan to the statewide list, it will also be added to the SEMI DPP Map (within 1-2 weeks). After the class has begun, it is removed from the SEMI DPP Map. (The SEMI DPP Map only includes **currently available** DPP classes in Southeast Michigan.)



How do I find a DPP class?

SEMI DPP Map: an interactive map of all open DPP classes in Southeast Michigan. Website Link: bit.ly/SEMIDPPmap

Statewide List: a list of DPP classes for the entire State of Michigan, searchable by city and by county. Sponsored by the Michigan Department of Health and Human Services.

Website Link: www.mihealthyprograms.org

Who can I contact for more information?

For more information, contact the Southeast MI Diabetes Prevention Resource Center at 833-399-4375 or at preventdiabetes@gdahc.org.

** DPP is Diabetes Prevention Program. 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.¹ Evidence from the DPP demonstrated prediabetes risk can be reduced by 58% 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.²*

The DPP classes included on the Southeast Michigan DPP Map 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.

¹ 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>

² 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.