

# Pathways to Pre-Diabetes and Diabetes Education in Northern Michigan

National Diabetes Prevention Program	Diabetes Education, Self-Management and Support	Personal Action Towards Health (PATH)	Dining with Diabetes
<b>Program description</b>			
<p>Anyone at risk for developing Type 2 diabetes will benefit from this structured, active program.</p> <p>Participants will be encouraged to lose 7% of body weight and exercise 150 minutes per week to reduce their risks for Type 2 diabetes.</p>	<p>Individuals with pre-diabetes or diabetes learn self-management skills to control the condition and prevent complications.</p> <p>Participants will learn about healthy eating, being active, monitoring blood sugar, taking medications, reducing risks and coping with a health condition.</p>	<p>Interactive education and weekly goal-setting activities help participants build healthy lifestyle skills.</p> <p>Participants will learn techniques to cope with diabetes including managing emotions and stress, eating healthy, taking medications appropriately and working with healthcare providers.</p>	<p>Through instruction and food demonstrations, participants will explore realistic diet changes to manage pre-diabetes and diabetes.</p> <p>Participants will learn to cook and eat using healthy ingredients. Classes include cooking demonstrations and a sampling of tasty, seasonal food.</p>
<b>Who should attend</b>			
<ul style="list-style-type: none"> <li>• Adults 18 years or older</li> <li>• BMI <math>\geq 24</math> kg/m<sup>2</sup></li> </ul> <p><b>and</b></p> <ul style="list-style-type: none"> <li>• Have established risk for Type 2 diabetes;</li> <li>• Have been diagnosed with pre-diabetes; or</li> <li>• Previously diagnosed with gestational diabetes</li> </ul>	<p>Individuals with a diagnosis of</p> <ul style="list-style-type: none"> <li>• Pre-diabetes</li> <li>• Type 1 diabetes</li> <li>• Type 2 diabetes</li> <li>• Gestational diabetes</li> </ul>	<p>Anyone interested in pre-diabetes or diabetes (Type 1 or Type 2) may attend.</p>	<p>Anyone interested in learning about healthy eating to manage pre-diabetes and diabetes (emphasis on Type 2 diabetes).</p>
<b>Format of the program</b>			
<p>Group sessions: 16 weeks followed by 6 monthly meetings.</p>	<p>One-on-one and group sessions are available.</p>	<p>Group sessions: 2½ hours for six weeks.</p>	<p>Group sessions: 2 hours for four weeks.</p>
<b>Program leader</b>			
<p>Trained lifestyle coach</p>	<p>Registered Dietitian or Nurse, or Certified Diabetes Educator</p>	<p>Two trained leaders (who have experienced diabetes)</p>	<p>Michigan State University Extension Educator</p>
<b>Program developer</b>			
<p>Centers for Disease Control and Prevention</p>	<p>American Diabetes Association or American Association of Diabetes Educators</p>	<p>Stanford University Patient Education Research Center</p>	<p>West Virginia University Extension</p>
<b>Cost</b>			
<p>Cost may vary by program site.</p>	<p>Diabetes education is covered by insurance. Coverage for pre-diabetes education may vary.</p>	<p>Free</p>	<p>\$25 for the full series.</p>
<b>Contact for more information</b>			
<p>Northern Michigan Diabetes Initiative (231) 935-9227</p> <p><a href="http://nmdi.org/prediabetesclass">nmdi.org/prediabetesclass</a></p>	<p>Munson Healthcare hospitals offer a variety of diabetes education opportunities.</p> <p><a href="http://nmdi.org/DiabetesEd">nmdi.org/DiabetesEd</a></p>	<p>Area Agency on Aging of Northwest Michigan 1-800-442-1713</p> <p><a href="http://aaanm.org/path-workshops">aaanm.org/path-workshops</a></p>	<p><b>MICHIGAN STATE UNIVERSITY</b>   Extension (231) 922-4836 <a href="mailto:eichber2@anr.msu.edu">eichber2@anr.msu.edu</a></p>

More resources are available at [www.nmdi.org](http://www.nmdi.org).

