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**HEALTH**  
**DEPARTMENT**  
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**The Health Department of Northwest Michigan launches the CDC's National Diabetes Prevention Program in partnership with Michigan State University Extension and Northern Michigan Diabetes Initiative**

On Thursday, July 28, 2016 at noon and at 5:30 pm, at the Health Department of Northwest Michigan's Mancelona Clinic at 205 Grove Street, community members are invited to attend an information session on how they can prevent the development of type 2 diabetes by enrolling in the National Diabetes Prevention Program.

"The need for preventing diabetes has never been greater as one in three American adults has prediabetes," said Erika Van Dam, Director of Community Health. "The CDC's National Diabetes Prevention Program offers a proven approach to preventing or delaying the onset of type 2 diabetes through modest lifestyle changes made with the support of a lifestyle coach and one's peers."

National Diabetes Prevention Program groups meet for a year - weekly for the first 4-6 months, then once a month for the second 6 months. During the year participants learn how to 1) eat healthily, 2) add physical activity to their routine, 3) manage stress, 4) stay motivated, and 5) solve problems that can get in the way of healthy changes.

The program's group setting provides a supportive environment for people who are facing similar challenges and trying to make the same changes. Together participants celebrate their successes and find ways to overcome obstacles.

"I've tried so many things before, but without the program I would never have done this on my own," said one program participant.

The National Diabetes Prevention Program will begin meeting at the Health Department of Northwest Michigan's Mancelona Clinic at 205 Grove Street on Thursday, August 4, 2016. Two meeting times are available: noon and 5:30 pm. The cost is \$50.00 and a scholarship may be available.

The Health Department of Northwest Michigan is hoping that by working with its partners to offer the National Diabetes Prevention Program throughout northern Michigan, the number of cases of Type 2 diabetes can be reduced.

The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego Counties.