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Bellaire Family Health Center



HEALTH
DEPARTMENT
of Northwest Michigan

The Bellaire Family Health Center Launches the CDC's Diabetes Prevention Program

On Wednesday, November 30, 2016 at 6:00 pm, at the Bellaire Family Health Center Community Room at 4955 S M-88 Hwy in Bellaire, 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 more than one in three American adults has prediabetes,” said Erika Van Dam, Director of Community Health at the Health Department of Northwest Michigan. “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.”

The Healthy Lifestyle Management Program will meet for a year - weekly for the first 4-6 months, then one to two times 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 Healthy Lifestyle Management Program will begin meeting at the Bellaire Family Health Center’s Community Room at 4955 S M-88 Hwy in Bellaire on Wednesday, December 7, 2016 at 6:00pm. There is no charge at this time due to the generosity of our community partners.

The Bellaire Family Health Center is hoping that by working with its partners to offer the Healthy Lifestyle Management Program throughout Northern Michigan, the number of cases of Type 2 diabetes can be reduced.

The Bellaire Family Health Center is a member of the Northern Michigan Chronic Disease Coordinating Network, which is comprised of federally qualified health centers, hospitals, health departments, area agencies on aging, mental health services, MSU Extension, and others who work collaboratively to prevent and reduce diabetes, heart disease, stroke, and cancer.

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.

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