



FOR IMMEDIATE RELEASE

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National Diabetes Prevention Program launches in Kalkaska

In partnership with the Health Department of Northwest Michigan and the Northern Michigan Diabetes Prevention Program Collaborative, the Kalkaska office of North Country Community Mental Health invites community members to attend an information session on how they can prevent the development of type 2 diabetes by enrolling in the National Diabetes Prevention Program (NDPP).

Information sessions will be held on **Wednesdays, October 18 and 25, 2017 from noon to 1 p.m.** at North Country Community Mental Health's location at 625 Courthouse Drive in Kalkaska, Michigan.

“The need for preventing diabetes has never been greater, as more than one in three American adults has prediabetes,” said Susan Affholter, a community health coordinator for 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.” Affholter will be the lifestyle coach for the program, which is known locally as the Healthy Lifestyle Program.

The Healthy Lifestyle Program, will meet for a year – approximately weekly for the first 4 to 6 months, then once or twice a month for the last 6 months. Throughout 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 making and maintaining healthy changes. The primary goal of the Healthy Lifestyle Program is to prevent diabetes.

The program’s group setting provides a supportive environment for people who would like to create a healthier lifestyle for themselves. 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 Program will begin meeting at the North Country Community Mental Health's location at 625 Courthouse Drive in Kalkaska, Michigan on **Wednesday, November 8, 2017**. This new program is being supported by a State of Michigan grant, *Getting to the Heart of the Matter*.

North Country Community Mental Health is a member of the Northern Michigan Chronic Disease Coordinating Network and the Northern Michigan DPP Collaborative, partnerships which are 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. For more information on the Healthy Lifestyle Program, call the Health Department at 1-800-432-4121.

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