National Diabetes Prevention Program

A wellness program for people with prediabetes

Get the information and support you need to reduce your risk for developing type 2 diabetes by 58%. With the National Diabetes Prevention Program, type 2 diabetes can be avoided or delayed through moderate weight loss and regular physical activity.

Can I participate?

To qualify for the program, you must be overweight and at high risk for developing diabetes, or overweight and have been diagnosed by a physician as someone with prediabetes.

Am I at risk?

Your doctor can tell if you are at risk. He/she can determine your risk through a blood test with one of the following results:

- Fasting plasma glucose between 100-125 mg/d
- A1c between 5.7% and 6.4%
- 2-hour Plasma Glucose between 140 to 199 mg/dl

In addition, a combination of risk factors such as family history, overweight, gestational diabetes, and elevated cholesterol may also put you at risk.

Where: Genesee County
MSU Extension, 605 N. Saginaw St., Suite1A, Flint

When: 6:00—7:00 pm
Starts Wednesday May 22, 2013
meets weekly for 16 weeks and then monthly for 6 months

How to Register: Call Christy Rivette at 810-244-8517 or e-mail at crivette@anr.msu.edu

Cost: $50 for 12 months

Just seven percent of people with prediabetes are aware of their condition.