

I CAN prevent diabetes

The Central MN Council on Aging is partnering with the CSB/ SJU Department of Nursing to bring the DPP to the community. We are seeking interested sites/ locations

that would like to offer this program! This a *year long program* that consists of 16 *weekly class - 1 hour/week plus 10 monthly Post-core maintenance one hour sessions* will be provided by trained Lifestyle Coaches. There is no charge to host site to offer this program. Host sites are asked to provide space for the workshop at no-charge. Participants will be ask to provide a free will donation. Class size should range between 8-12 and multiple classes could be made



available at your location. Class needs to start the week of January 23 and can be offered on a Tuesday or Wednesday between 8-11am.

Deadline to register as a location January 6th.

Please contact Paula Woischke at 320-253-9349 or paula.woischke@cmcoa.org if you are interested in learning more.

The ICAN Prevent Diabetes Program, part of the National Diabetes Program led by the Centers for Disease control & Prevention (CDC), is proven to help prevent or delay type 2 diabetes.



Diabetes is an epidemic that is significantly affecting the health and economy of the U.S. :

- ◆ 1 in 9 U.S. adults have diabetes. CDC estimates that if current trends continue, as many as 1 in 3 Americans could develop diabetes in their lifetime.
- ◆ An estimated 79 million Americans have prediabetes. People with prediabetes are 5 to 15 times more likely to develop type 2 diabetes than persons without prediabetes.
- ◆ Awareness of prediabetes is low. Only 7% of the population with prediabetes know that they have prediabetes

The ICAN/ CDC-led National Diabetes Prevention Program offers communities an effective lifestyle change program that is proven to prevent or delay type 2 diabetes.

- ◆ Program participants at high risk for type 2 diabetes meet in a group with a skilled Lifestyle Coach to learn ways to incorporate healthier eating and moderate physical activity into their daily lives.
- ◆ During the year-long program, participants work with the Lifestyle Coach and the group to identify and discuss overcoming barriers to making these modest lifestyle changes. The Goal is to lose 5-7 % percent of Weight and to do 150 minutes of Physical Activity.

Learn more about the National Diabetes Prevention Program and about the lifestyle change program:

- ◆ If you have a BMI of 24 or higher (22 or higher if you are of Asian descent) and are at risk for developing type 2 diabetes, then you may be eligible to participate in the lifestyle change program.
- ◆ You can determine your risk by:
 - 1) Having a blood test to measure your blood sugar conducted by a health care professional
 - 2) Taking the “Could you have Prediabetes?” risk assessment quiz like the one at www.cdc.gov/diabetes/prevention.
- ◆ To find out more about the National Diabetes Prevention Program, go to: **www.cdc.gov/diabetes/prevention**.