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.
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.