



## **National Diabetes Prevention Program (NDPP)**

The **Centers for Disease Control and Prevention-led *National Diabetes Prevention Program*** is an evidence-based lifestyle change program for people with prediabetes or at high risk for developing type 2 diabetes, proven to help people lose weight and prevent or delay onset of type 2 diabetes by 58%.

Men or women age 18 and older with a BMI greater than or equal to 24 ( $\geq 22$  if Asian), are eligible to participate if they meet any of the following criteria:

- Fasting plasma glucose (range 100 – 125 mg/dl)
- Hemoglobin A1c (range 5.7% - 6.4%)
- 2-hour glucose (range 140 – 199 mg/dl)
- Previously had gestational diabetes
- High risk for having prediabetes – To take the CDC Prediabetes Screening Test, click [here](#).

To view the NDPP Program Brochure, click [here](#).

Classes are free to the public. Please contact Kristi at 906-789-8110 for more information and to register.

### **Quick Links**

Could you have prediabetes? Take the quiz:

CDC – National Diabetes Prevention Program: <http://www.cdc.gov/diabetes/prevention/index.htm>

National Diabetes Prevention Program Video: <http://www.cdc.gov/CDCTV/ChangeForLife/>