

SOUTHEAST MICHIGAN HOSPITAL COLLABORATIVE

A Collaborative Partnership to Prevent Diabetes in Southeast Michigan



Beaumont



Ascension



National Kidney Foundation[®]
of Michigan

Special **DIABETES PREVENTION PROGRAM (DPP)** for Faith Leaders

Who?

The Southeast MI Hospital Collaborative is seeking leaders from all faiths:

- With **prediabetes** (not diabetes): must qualify by simple paper risk test* **OR** by blood test results
- Able to commit the time for a proven health improvement program

Why?

- Faith leaders often **neglect their own health** as they dedicate themselves to the needs of others first
- Many faith leaders **have prediabetes** and don't know it—just like the general population**
- Faith leaders can **lead by example** and spark a wellness movement for their entire congregation!

What is the Diabetes Prevention Program (DPP)?

- Year-long **lifestyle change program** with 16 weekly sessions followed by monthly maintenance sessions—that's just **22 hours** over the course of the year
- Led by a **trained lifestyle coach**
- Proven to work: research has shown DPP to be 58% effective, compared to Metformin, which is 31% effective
- Helps participants learn how to **be healthier and prevent Type 2 diabetes**, including:
 - *Strategies for being more physically active*
 - *Tips for health eating, e.g. controlling food portions*
 - *Help losing a moderate amount of weight*
 - *Ways to manage stress*
 - *Tools to overcome challenges*
 - *Stay motivated for the long haul*
 - *Much more!*

Cost: The Southeast MI Hospital Collaborative is committed to using available funds to cover the cost of this one-time special DPP workshop for faith leaders.

Where and When?

A day and time that is convenient for the group will be determined once participants have been identified. Workshop will begin via an on-line platform, which may move to an in-person location later, depending on COVID restrictions.

How?

For more information or to enroll in this special Diabetes Prevention Program for faith leaders, contact:

Andrell Sturdivant
248-282-6906 or email asturdivant@gdahc.org

****84 Million Americans have prediabetes**

and are at risk for diabetes, heart disease and stroke.

9 out of 10 of them don't know it.

You could be one of them!

*Paper risk test is included on the back of this flyer, or use the on-line version at www.DoiHavePrediabetes.org.