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Diabetes Prevention Program

Wayne County Outreach to Reduce Kidney Disease

The Growing Threat of Prediabetes

About 98 million American adults, more than 1 in 3, have prediabetes. More than 8 in 10 adults don't know they have it.



Before developing type 2 diabetes, most people have prediabetes. This is when their blood sugar is higher than normal but not high enough yet for a type 2 diabetes diagnosis. If left untreated, prediabetes can develop into type 2 diabetes which can lead to additional medical conditions.

You can reverse prediabetes and prevent or delay the onset of type 2 diabetes. With proven, achievable lifestyle changes - such as losing a small amount of weight, making healthy eating choices, and getting more physically active, you will be on your way to a healthier life!

The PreventT2 lifestyle change program can help you lose weight, become more physically active and reduce stress.

With PreventT2, you get

- A proven program to prevent or delay the onset of type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- 26 one-hour sessions conducted over 12 months
- Support from others like you as you learn new skills

Tabernacle Missionary Baptist Church will be hosting a Diabetes Prevention Program workshops this fall. Please join one of the virtual information sessions to learn more about the National Diabetes Prevention Program and how it can work for you. The information sessions will be held on:

Information Sessions

Tuesday, October 3 at 1:00 pm – 2:00 pm
(Virtually)

Thursday, October 3 at 6:00 pm – 7:00 pm
(In person)

Workshop Begin

Thursday, October 17 at 5:30 pm – 7:00 pm

To RSVP or for more information, contact

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