

Learn How to Create a Healthier Lifestyle and Prevent Diabetes!



Ortonville Area Health Services

Ortonville Area Health Services is offering a diabetes prevention program. I CAN Prevent Diabetes is a CDC Diabetes Prevention Recognition Program. This community-based, lifestyle change program offers diabetes prevention education for people with pre-diabetes or who are at risk for diabetes.

The next class will be offered on **Tuesdays, 5:30 to 6:30 p.m., beginning May 3rd**. We meet 16 times throughout a 6 month period and then will continue to meet once per month to complete a full year long course.

The cost for the I Can Prevent Diabetes program is \$75, which is fully refunded if 15 of the 16 classes are attended. Attendance incentives will also be given at each class meeting.

Groups will meet with a trained OAHS lifestyle coach once a week to help participants lose weight, eat healthier and increase physical activity. After the initial 16-week program is complete, support and additional learning session will be offered on a monthly basis for 6 months.

WHO SHOULD PARTICIPATE IN THE I CAN PREVENT DIABETES PROGRAM?

Risk Factors for Type 2 diabetes include:

- High blood pressure
- Elevated lipids (cholesterol triglycerides, LDL)
- Obesity (BMI >30)
- Family history of Type 2 diabetes
- History of gestational diabetes

We are looking for participants to take part in a group program that uses a community-based, lifestyle change program designed for people with prediabetes or at risk for diabetes. This program may be for you if you are:

- 18 years or older
- At risk for but NOT currently diagnosed with diabetes
- Overweight
- Not pregnant

“We have offered the I Can Prevent Diabetes class once in the past year with great feedback from participants,” says Brittany Swigerd, RN, Lifestyle Coach & staff nurse at Northside Medical Clinic. “Making simple lifestyle changes such as eating healthier and getting more physically active has proven effective for prevention of diabetes. A 5 to 7 percent weight loss can really make a difference.”

Space is limited to about a dozen participants. To register for this program or if you have questions, contact Brittany Swigerd, RN or Natasha Hynnek, LPN, Northside Medical Clinic at (320) 839-6157.