National Diabetes Prevention Program

This program meets weekly and monthly for one year. Topics covered include:

- Nutrition
- Physical Activity
- Eating Out
- Stress
- Depression
- Social/Environmental Cues
- Holidays

**Dates:** June 16, 2020—June 01, 2021.  
**Time:** 12:30pm—1:30pm (EST)  
**Online:** Zoom  
**To register:** [https://events.anr.msu.edu/NDPPonline2020LA/](https://events.anr.msu.edu/NDPPonline2020LA/)  
**Cost:** Supported financially by Michigan State University Extension  
**Coaches:** Laura Anderson

This course is designed for people who are at-risk for developing type 2 diabetes. The focus is on establishing lifestyle changes that promote healthy eating, physical activity and goal setting that lead to a 5-7% weight loss and decreased risk for type 2 diabetes.

To be eligible:

- Be at least 18 years old and
- Be overweight (Body Mass Index ≥25; ≥23 if Asian)
- Not be pregnant
- Have no previous diagnosis of type 1 or type 2 diabetes
- Have a blood test result in the prediabetes range within the past year or have a previous clinical diagnosis of gestational diabetes

We look forward to meeting you, providing valuable tools, and supporting you through this journey.

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