



Michigan Diabetes Prevention Course

The Michigan Diabetes Prevention Course, developed by the Michigan Department of Community Health, is designed to help people at risk of Type 2 diabetes (prediabetes) establish lifestyle changes to promote slow, steady weight loss and increase physical activity. Prediabetes, commonly known as “borderline diabetes”, is a condition in which a person’s blood sugar is higher than ideal but not high enough to be considered diabetes. This course consists of five one-hour sessions that focus on healthy eating, physical activity, goal setting and recognizing cues that impact decisions, such as what to eat and whether or not to be physically active.

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