

National Diabetes Prevention Program in Metro Area

African Challenges Corp
Minneapolis, MN 612- 229-2679

Indian Health Board of Minneapolis
1315 East 24th St, Minneapolis, MN
612-721-9863

Stairstep Foundation
(African American Churches)
Minneapolis, MN 612-237-9495

St. Mary's Clinic (Spanish)
Mpls. & St. Paul, MN 651-287-7767

Veterans Administration
VA Medical Center 612-467-2634

Westside Community Health Services
(Spanish)
St. Paul, MN 651-389-2456

We Can Prevent Diabetes
For Medicaid Participants in the metro
Contact MDH 651-201-5158

- Axis Medical Center,
- Community University Health Care Center,
- Hennepin County Medical Center,
- HealthEast,
- HealthPartners,
- Native American Community Clinic,
- Neighborhood Health Source,
- Northpoint Health and Wellness Center,
- Open Cities Health Center,
- Peoples Center Health Services,
- University of MN Physicians Clinic,
- WestSide Community Health Services

YMCA of the Greater Twin Cities YMCA
Diabetes Prevention Program
Multiple locations offering groups
612-465-0489

National Diabetes Prevention Programs in Greater Minnesota

Aitkin, MN
Riverwood Healthcare Center 218-927-5152

Alexandria, MN
Alexandria YMCA (Y- DPP) 320-834-9622

Bagley, MN
Clearwater Co Nursing Service 218-694-6581

Baudette, MN
Lakewood Health Center 218-634-3433

Blue Earth
United Hospital District 507-526-7388

Cass Lake
Leech Lake Diabetes Clinic 218-335-4511

Crosby, MN
Cuyuna Regional Medical Center 218-546-2378

East Grand Fork, MN & Grand Forks, ND
WelCore Health & UND 701-746-5359

Essentia Health 218-786-4482
Aurora, Brainerd, Deer River, Duluth,
Fargo, Fosston, Frazee, Sandstone, Virginia

Fairmont, MN
Mayo Clinic Health 507-238-8508

Grand Rapids, MN
Itasca County Family YMCA 218-327-1161

Monticello, MN
New River Medical Center 763-271-2405

Park Rapids, MN
St. Joseph's Community Health 218-237-5483

Roseau, MN
Roseau Area Diabetes Center 218-463-1365

St. Cloud, MN
St. Cloud YMCA 320-253-2664

St. Peter
River's Edge Hospital & Clinic 507-934-7694

Uof M Extension, Simply Good Eating
Dawson, Ortonville, Frazee,
Moorhead, Pelican Rapids 612-253-2664

Willmar, MN
Kandiyohi County Area Family YMCA
320-222-9622



This brochure lists all Minnesota Programs following the National Diabetes Prevention Program

Call individual sites for dates and times to register

For additional questions about the NDPP contact the Minnesota Department of Health Diabetes Program:

*amy.michael@state.mn.us
651-201-3892*

*Or Rita.Mays@state.mn.us
651-201-5433*



The National Diabetes Prevention Program is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes.

An individual with prediabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 7% weight loss (usually about 10 -15 pounds) are often effective enough to bring blood sugar levels back down to a healthy range.

Similar diabetes prevention programs (DPP) are offered by the YMCA, the Indian Health Board of Minneapolis, Veteran's Administration, I CAN Prevent Diabetes and We Can Prevent Diabetes Programs. The content are the same. Call these organizations for more information.

More information about the National Diabetes Prevention Program can be found at www.icanpreventdiabetes.org. or

www.cdc.gov/diabetes/prevention

More information about prediabetes and preventing type 2 diabetes can be found at

- American Diabetes Association, <http://www.diabetes.org/pre-diabetes>
- National Diabetes Education Program, <http://www.your.diabetesinfo.org>

Session Descriptions

Session 1: Welcome and Getting Started

Session 2: Be a Fat and Calorie Detective

Session 3: Ways to Eat Less Fat and Fewer Calories

Session 4: Healthy Eating

Session 5: Move Those Muscles

Session 6: Being Active: A Way of Life

Session 7: Tip the Calorie Balance

Session 8: Take Charge of What's Around You

Session 9: Problem Solving

Session 10 Four Keys to Health Eating Out

Session 11: Talk Back to Negative thoughts

Session 12: The Slippery Slip of Lifestyle Change

Session 13: Jump Start Your Activity Plan

Session 14 Make Social Cues Work for You

Session 15: You Can Manage Stress

Session 16: Ways to Stay Motivated

About the National Diabetes Prevention Program

Learn how to create a healthier lifestyle and prevent diabetes in this group based diabetes prevention program. Groups will meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity.

Groups are offered weekly for 16 weeks with an additional monthly group for 8 months. Periodically, the program will include enhanced sessions where participants will focus on topics related to specific nutrition or physical activity concepts. If classes are cancelled due to inclement weather, additional sessions will be added to complete the program.

Participants are eligible if they are at least 18, do not currently have diabetes and are not pregnant. Talk to your health care provider to assess if you have prediabetes or are at risk of developing diabetes, and are healthy enough for moderate exercise such as walking.

At the end of the program, participants are encouraged to return to their health care provider for follow-up and on-going care.