



*Livingston
County Community
Resource Guide:*

Diabetes Prevention
and Management
Services



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How to use this guide:

This guide is intended to provide the residents of Livingston County with information about services related to diabetes prevention and diabetes management in their community. Additionally, diabetes prevention and management services in nearby counties, as well as national programs, are provided in this resource guide. A brief description of each program is included, along with who is eligible for the program, contact information, and a website, if available.

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Livingston County Resources

PREVENTION

MSU Extension

MSU extension is a great resources for finding diabetes related programs in your area. Their website is full of information regarding diabetes, dining with diabetes, how to prevent diabetes and much more. Many other services are also offered through MSU Extension such as 4-H, food & health programs, family programs and more. Please see their website for further information.

Location: Many different locations throughout Michigan. Livingston County location: 2300 E. Grand River Ave. Suite 111 Howell, MI 48843

Website: <http://msue.anr.msu.edu/topic/info/diabetes>

National Diabetes Prevention Program

St. Joseph Mercy Livingston Hospital in collaboration with the
National Kidney Foundation of Michigan

This evidence based diabetes prevention program developed by the National Kidney Foundation (NKF) using a CDC approved curriculum helps participants prevent type 2 diabetes. This model utilizes a trained lifestyle coach that helps you to set goals, improve eating habits, reduce stress, increase physical activity, and provides support and networking with others going through similar circumstances. This program is for people who have NOT been diagnosed with diabetes, but are at risk of developing type 2 diabetes. Adults over the age of 18 that have been told they are at risk for developing type 2 diabetes, OR have a BMI greater to or equal to 24 (22 if Asian), OR have had gestational diabetes, OR have an elevated A1C, should consider inquiring about the program.

This program is offered at no cost to participants that meet the at-risk qualifications.

Location: St. Joseph Mercy Brighton, 7575 Grand River Ave. Brighton, MI 48116

Contact Information: 800-482-1422 or www.nkfm.org/dpp

Website: <http://www.cdc.gov/diabetes/prevention/index.html>

National Diabetes Prevention Program

U of M Health Systems

This program follows a CDC approved curriculum and provides a trained lifestyle coach that helps you to change your eating habits, reduce stress, learn coping skills and increase physical activity. You will meet weekly with a Registered Dietitian and a group of people who also want to improve health. This program is a year in duration and is twice as effective as medication alone for preventing type II diabetes! See program website for more details.

Location: 8001 Challis Rd. Brighton, MI 48116

Contact Information: (734) 998-2475, choose option 2

Website: <http://www.uofmhealth.org/conditions-treatments/diabetes-prevention-program>

National Diabetes Prevention Program

Online Program

This program follows a CDC approved curriculum and provides a trained lifestyle coach that helps you to change your eating habits, reduce stress and increase physical activity. Additionally, this program provides you with support groups that are there to help you to share your goals and struggles with others who are going through similar circumstances. The NDPP is available to adults age 18

years and older with a BMI greater than or equal to 24 (22 if Asian). Additionally, eligible participants will not have a previous type I or type II diabetes diagnosis and should have blood test results in the prediabetes range within the past year.

Location: Online (various programs)

Website: https://nccd.cdc.gov/DDT_DPRP/City.aspx?STATE=OTH&CITY=OTH
(contact each program separately about dates, times and program costs).

IHA Nutritionists

IHA nutritionists offer one-on-one nutrition counseling with easy to follow healthy eating plans. They focus on prevention and management of chronic disease (diabetes) through dietary and lifestyle changes. Additionally, they will help you and your family with whatever your dietary goals and needs may be.

Location: 2305 Genoa Business Park Dr., Suite 200 Brighton, MI 48114

Contact Information: (810) 494-6840

Website: <http://www.ihacares.com/specialties/nutrition-services>

Primary Care Physician

Another excellent resource for diabetes prevention and management services is your physician! They are there to help you to prevent or manage your diabetes, as well as offer information about services available to you. If you think that you may be at risk for developing type II diabetes, or if you are already diagnosed, you can make an appointment with your physician for further information.

MANAGEMENT

Nutrition & Diabetes Education Program

St. Joseph Mercy Livingston, Howell

This program offers education on a variety of diabetes related topics including: how to diet, how exercise and medication affect your blood sugar, healthy eating guidelines for people with diabetes, how to take your medication for the best results, what diabetes is and how it affects your body, how to prevent diabetic complications, how to take care of yourself when you are sick, the causes of high/low blood sugar and how to take care of it, proper care of your feet, the effect of stress on your blood sugar, available community resources, how to use insulin, what to do if you are planning for a pregnancy, how to have a healthy pregnancy despite being diabetic, and insulin pump therapy. This program is for patients with diabetes who are newly diagnosed, have never had diabetes education, have knowledge deficits specific to diabetes care, or have poor blood sugar control. In order to qualify for this program patients must have their Physician fill out a referral form.

Location: 620 Byron Rd. Howell, MI 48843 Suite 1100

Contact Information: 517-545-6125

Website: <http://www.stjoesann Arbor.org/diabetes>

Adult Diabetes Education Program

U of M Health Systems

This adult diabetes education program is taught by certified diabetes educators who help you in multiple areas like meal planning, blood sugar management, intensive insulin management and more. Registered dietitians, as well as one-

on-one management services, are also provided and will help you to fine-tune your medication regimen and blood sugars. They will also coach you on how to manage your daily life with diabetes, support and schedule phone calls to help keep you on track with your diabetes and offer support to help manage the effects of diabetes distress.

Location: 8001 Challis Rd. Brighton, MI 48116

Contact Information: (734) 998-2475 or email mend-diabetes@med.umich.edu

Website: <http://www.uofmhealth.org/conditions-treatments/adult-diabetes-education>

Chronic Condition Management Program (Diabetes)

Blue Care Network of Michigan

This program helps you to create a personal action plan, take action for a healthier lifestyle, educates you about various medication options, helps you to better understand diabetes, and helps you to coordinate care with doctors. This program is available for BCN and BCN Advantage members of all ages diagnosed with type I or type II diabetes.

Contact Information: 1-800-392-4247 from 8:30 a.m. to 5 p.m. Monday through Friday

Website: <http://www.bcbsm.com/index/members/health-wellness/getting-better/diabetes.html>

Diabetes PATH

Putnam Township Senior Center

Diabetes PATH (Personal Action Towards Health) is a low-cost or free 6 week workshop that lasts about 2 ½ hours per session. Each session covers many different topics relating to diabetes, but it primarily focuses on ways to take care of your health and manage your diabetes. Additionally, you will make weekly action plans that help you to stay on track with your diabetes care. Anyone who is diagnosed with type II diabetes can attend these workshops, in addition to their family, friends and caregivers. It does not matter if you have had previous diabetes education or how long you've been diagnosed with diabetes, anyone diagnosed with type II diabetes is welcome to attend.

Location: 350 Mower St. Pinckney, MI 48169

Dates of Workshop: September 8, 2016 – October 13, 2016

Contact Information: (800) 852-7795 or email: info@mihealthyprograms.org

Website: <http://www.mihealthyprograms.org/diabetes-path.aspx>

Diabetes PATH

Howell Recreation Center

Diabetes PATH (personal action towards health) is a low-cost or free 6 week workshop that lasts about 2 ½ hours per session. Each session covers many different topics relating to diabetes, but it primarily focuses on ways to take care of your health and manage your diabetes. Additionally, you will make weekly action plans that help you to stay on track with your diabetes care. Anyone who is diagnosed with type II diabetes can attend these workshops, in addition to their family, friends and caregivers. It does not matter if you have had previous

diabetes education or how long you've been diagnosed with diabetes, anyone diagnosed with type II diabetes is welcome to attend.

Location: 925 W. Grand River Blvd. Howell, MI 48843

Dates of Workshop: October 14, 2016 – November 18, 2016

Contact Information: (800) 852-7795 or email: info@mihealthyprograms.org

Website: <http://www.mihealthyprograms.org/diabetes-path.aspx>

Nearby County Resources

MANAGEMENT

Hurley Diabetes Center

Adult Diabetes Education Program

The Adult Diabetes Education Program offered through Hurley Medical Center helps you learn how to control your diabetes so you can live a healthy life. This program teaches blood sugar monitoring, how to properly manage your diabetes medications and insulin pump, how to stay healthy with diabetes and what foods you should be eating. This program is recognized by the American Diabetes Association and certified by the Michigan Department of Community Health as a quality self-management diabetes education program.

Location: 2700 Robert T Longway Blvd, Flint, MI 48503

Contact Information: (810) 262-2310

Website: <http://www.hurleymc.com/services/internal-medicine/diabetes/>

Hurley Diabetes Center

Diabetes During Pregnancy Education Program

The Diabetes During Pregnancy Education Program offers diabetes education and medical management to pregnant women with diabetes or pre-diabetes, women who get diabetes during their pregnancy, or women who have diabetes and are trying to get pregnant. This program teaches about what diabetes is and how it affects your pregnancy, what puts you at risk for getting diabetes, blood sugar monitoring, diabetes medications/insulin pumps and how to take them/use them, what to eat and not eat, and how to stay healthy with diabetes. This program is recognized by the American Diabetes Association and certified by

the Michigan Department of Community Health as a quality self-management diabetes education program.

Location: 2700 Robert T Longway Blvd, Flint, MI 48503

Contact Information: (810) 262-9126

Website: <http://www.hurleymc.com/services/internal-medicine/diabetes/>

Hurley Diabetes Center

Pediatric Diabetes Education Program

The Pediatric Diabetes Education Program offers pediatric education and management of diabetes for children under the age of 18 years who are diagnosed with type I diabetes, type II diabetes or pre-diabetes. Staff will work with children and their parents in order to teach them how to cope with diabetes and stay healthy as they grow. This program is recognized by the American Diabetes Association and certified by the Michigan Department of Community Health as a quality self-management diabetes education program.

Location: 2700 Robert T Longway Blvd, Flint, MI 48503

Contact Information: (810) 262-6162

Website: <http://www.hurleymc.com/services/internal-medicine/diabetes/>

McLaren Orthopedic Hospital

Diabetes Management Program

The Diabetes Management Program is a program that helps you to better understand what diabetes is, how to manage it through therapies and goal-setting, in addition to making changes in eating habits, exercise and emotional

changes. The program also provides a team of registered nurses and a registered dietitian certified in diabetes education.

Location: 2727 S. Pennsylvania Ave. Lansing, MI 48910

Contact Information: (517) 975-2270

Website: <http://www.mclaren.org/lansing/diabetic-nutritional-services.aspx>

Sparrow Diabetes & Endocrinology Services

Diabetes Education

This diabetes education program offers classes that are taught by a nurse educator and a dietitian. The classes cover a wide range of topics including diabetes evaluation and management, meal planning, carb counting, exercise, controlling risk factors and more. Additionally, monthly support groups offer another method for education and family involvement. This program is certified by the Michigan Department of Community Health and recognized by the American Diabetes Association.

Location: 2900 Hannah Boulevard, Suite 114 East Lansing, MI, 48823

Contact Information: (517) 364-8080

Website: <http://www.sparrow.org/diabetes-services>

Ascension Genesys Hospital Diabetes and Nutrition Learning Center

Diabetes Care and Endocrinology

Ascension's team of endocrinologists, advanced practice nurses and registered dietitians work with your primary care physician to evaluate your symptoms,

perform diabetes tests and treat you with focused care. Your personalized treatment plan may include changes in diet and exercise, as well as medications to control blood sugar.

Ascension offers nationally recognized self-management programs to patients living with type 1 or type 2 diabetes, gestational diabetes, and those diagnosed with prediabetes. Sessions led by our certified diabetes instructors cover a host of topics such as preventing complications, monitoring blood glucose at home and guidelines for healthy eating (including tips for dining out). Specialized care and support for children with insulin-dependent juvenile diabetes (type 1) and mothers with pregnancy or postpartum issues is also offered.

Locations: One Genesys Parkway Grand Blanc, MI 48439

Contact Information: (810) 606-7720

Website: <https://healthcare.ascension.org/Locations/Michigan/MIGRA/Grand-Blanc-Ascension-Genesys-Hospital-Diabetes-and-Nutrition-Learning-Center/Our-Services>

Ascension Genesys Hospital Diabetes and Nutrition Learning Center

Nutrition

Ascension's registered dietitians and nutrition experts can help you maintain good health and eating habits through our nutrition counseling programs. At your initial consultation, your Registered Dietitian Nutritionist (RDN) will learn about your eating habits, lifestyle and goals. You will then work together to create a fully personalized plan that gives you the best opportunity for long-term success. Nutrition counseling includes education on how your diet impacts your health, and how to make improvements through dietary changes.

Location: One Genesys Parkway Grand Blanc, MI 48439

Contact Information: (810) 606-7720

Website: <https://healthcare.ascension.org/Locations/Michigan/MIGRA/Grand-Blanc-Ascension-Genesys-Hospital-Diabetes-and-Nutrition-Learning-Center/Our-Services>

Diabetes PATH

Various Locations Throughout Oakland, Genesee, Washtenaw, and Ingham Counties

Diabetes PATH (personal action towards health) is a low-cost or free 6 week workshop that lasts about 2 ½ hours per session. Each session covers many different topics relating to diabetes, but it primarily focuses on ways to take care of your health and manage your diabetes. Additionally, you will make weekly action plans that help you to stay on track with your diabetes care. Anyone who is diagnosed with type II diabetes can attend these workshops, in addition to their family, friends and caregivers. It does not matter if you have had previous diabetes education or how long you've been diagnosed with diabetes, anyone diagnosed with type II diabetes is welcome to attend.

Location: Please see website for locations and dates

Website: <http://www.mihealthyprograms.org/path-workshop-search.aspx>

Camp Midicha

American Diabetes Association

Camp Midicha is a diabetes camp that lets children participate in traditional camp activities, while interacting and connecting with other children who have diabetes. Health care professionals are there to oversee daily diabetes care and help the children learn how to live successfully with diabetes. These camps have

a lasting impact on children and can really help your child to live a happy, healthy life with diabetes.

Location: Camp Copneconic 10407 N. Fenton Road, Fenton, MI

Cost: Varies by camp. See website for details.

Contact Information: Nicole Matti (248) 433-3830 ext. 6706 or email at Nmatti@diabetes.org

Website: <https://www.diabetes.org/community/camp>

National & Online Resources

PREVENTION

DoIHavePrediabetes.org

This online resources is a great website to find information about prediabetes and how it can be prevented. There is also a test you can take to see if you are at risk for developing diabetes. Additionally, if you do find yourself at risk for developing diabetes, there is further information about the National Diabetes Prevention Program!

Website: <https://doihaveprediabetes.org/index.html>

National Diabetes Prevention Program

Centers for Disease Control and Prevention

This is a national program that partners with other public and private organizations to reduce the growing rate of prediabetes and type II diabetes in our country. The website offers a lot of information about type II diabetes, as well as how this program works. The NDPP offers trained lifestyle coaches, support groups and a CDC approved curriculum. This program is available to individuals 18 years and older with a BMI greater than or equal to 24 (22 if Asian). Additionally, there must be no previous type I or type II diabetes diagnosis and blood test results must be in the prediabetes range within the last year.

Location: See program locations listed above

Website: <http://www.cdc.gov/diabetes/prevention/index.html/>

National Diabetes Education Program

Centers for Disease Control and Prevention

The National Diabetes Education Program is a joint program between the CDC and the National Institutes of Health. This program works with partners to reduce the burden of diabetes and prediabetes by using strategies to help prevent or delay the onset of diabetes and its associated complications. This website is a great source for current diabetes information and links to helpful resources.

Website: <http://www.cdc.gov/diabetes/ndep/index.html>

MANAGEMENT

American Diabetes Association

(ADA)

The American Diabetes Association is a great resource for diabetes information, as well as nutrition info, fitness tips, information about community events & programs, as well as updated information about diabetes research. This is a free website available to anyone with internet access. There is also a Michigan branch office located in Southfield.

Headquarters: 1701 North Beauregard Street Alexandria, VA 22311

Michigan office: 300 Galleria Officentre Suite 111 Southfield, MI 48034

Contact Information: 1 (800) DIABETES (800-342-2383)

National Institute of Diabetes and Digestive and Kidney Diseases

(NIDDK)

This is a great online resource that provides a large amount of information regarding diabetes including an A-Z list of topics related to diabetes, health information, statistics about diabetes, as well as resources and tools that may be helpful.

Location: 1 Information Way Bethesda, MD 20892-3560

Contact Information: (800) 860 – 8747

Website: www.diabetes.niddk.nih.gov

The Diabetes Gourmet Magazine

This online resource is a great place to find recipe ideas for diabetics, as well as healthy living and eating tips. There is also a lot of other useful information for diabetic patients, like tips for what to eat when dining outside the home.

Website: www.diabeticgourmet.com

Diabetes 101: Taking Charge

University of Michigan Outreach

Taking Charge is a diabetes education handbook written by certified diabetes educators, registered dietitians, physicians and the staff at the University of Michigan Health Systems Metabolism, Endocrinology and Diabetes Clinic. This handbook is intended for adults with diabetes to use as a resource for tools and suggestions on how to deal with diabetes. This handbook covers a wide range of topics including, meal planning, stress management, exercise, blood sugar monitoring, carbohydrate counting, how to manage sick days, tips for eating out and much more! This handbook is available for purchase on Amazon or for download at the website listed below.

Website: <https://www.med.umich.edu/pdf/Diabetes-101-Taking-Charge.pdf>

Thank you so much for taking a look at the *Community Resource Guide: Diabetes Prevention and Management Services*. We hope that this was a helpful resource and provided you with the necessary information about diabetes prevention and management services in our community.

If your diabetes prevention or management service was not included and you wish to be included in future editions of the *Community Resource Guide: Diabetes Prevention and Management Services*, please contact:

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