



About the ICAN Prevent Diabetes Program

Contact the program nearest you:

Greater Minnesota Programs

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

Lakewood Health Center
Baudette, MN 218-634-2120

Beltrami B-Well
Bemidji, MN 218-751-9224

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

Ask about these details:

Location:

Time:

Day of Week:

Start date and end date:

Program fees:

Metro Programs

East Side YMCA
875 Arcade St.
St. Paul, MN 651-793-7288

West Side Community Health Services
153 Cesar Chavez St
St Paul, MN -WSCHS patients only
(Spanish) 651-602-7542

Minneapolis Skyway Senior Center
950 Nicollet Mall/Retek Bldg
Skyway Level
Minneapolis, MN 612-380-3869

Sabathani Community Center
310 east 38 St.
Minneapolis, MN 612-735-3504
(English and Spanish)

Hennepin County Medical Center,
South Clinic
Richfield, MN 612-873-8811
(English and Spanish)

Deaf Community Health Project
Metro area, MN
(ASL) anitadchw@gmail.com

Shepherd of the Valley Lutheran Church
Apple Valley, MN 952-431-0630

Trinity Lutheran Church
Long Lake, MN 952-473-8577

Indian Health Board of Minneapolis
1315 East 24th St
Minneapolis, MN 612-721-9800 ext 520



Sponsored and certified by the
Minnesota Dept of Health,
Diabetes Program,
in partnership with participating
organizations

www.icanpreventdiabetes.org

I CAN Prevent Diabetes! 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 5-7% weight loss (usually about 10 -15 pounds) are often effective enough to bring blood sugar levels back down to a healthy range.

More information about the I CAN Prevent Diabetes Program can be found at www.icanpreventdiabetes.org.

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

- American Diabetes Association, <http://www.diabetes.org/pre-diabetes.jsp>
- National Diabetes Education Program, <http://www.YourDiabetesInfo.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 ICAN Prevent Diabetes Program

Learn how to create a healthier lifestyle and prevent diabetes in this 16-week diabetes prevention program. Groups will meet with a trained instructor once a week to help participants lose weight, eat healthier and increase physical activity.

Classes are offered weekly for 16 weeks. 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 16 week 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 16 week program, participants are encouraged to return to their health care provider for follow-up and on-going care.