



**Diabetes Prevention Programs  
(DPP) in MN**

**Metro Programs**

**Y-DPP at the YMCA of  
Metropolitan Minneapolis and  
YMCA of Greater St. Paul  
(various sites) 612-465-0545**

**Indian Health Board of  
Minneapolis- DPP  
1315 East 24<sup>th</sup> St  
Minneapolis, MN 612-721-9816**

**U of MN Extension Simply Good  
Eating Program  
2001 Plymouth Ave. N. #173  
Minneapolis, MN 55411  
612-596-2126**

**Ask about these details:**

Location:

Time:

Day of Week

State date and end date:

Program Fees:

*Rev 12.30.2011*

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(DPP) in MN**

*Contact the program nearest you:*

**Greater Minnesota Programs**

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

**Avera Marshall Regional Medical Center  
Marshall, MN 507-537-9111**

**Essentia Health  
Brainerd, MN 218-828-7412**

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

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

**Indian Health Services  
Cass Lake, MN 218-335-3242**

**Kandiyohi County Area Family YMCA (Y-DPP)  
Willmar, MN 320-222-9622**

**Lakewood Health Center  
Baudette, MN 218-634-3433**

**Simply Good Eating, U of MN Extension  
Moorhead, MN and  
Detroit Lakes, MN 218-236-2007**

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

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

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

**United Hospital District  
Blue Earth, MN 507-526-7388**

**WeiCore Health & YMCA  
Grand Forks, ND &  
East Grand Fork, MN 701-746-5359**



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

[www.icanpreventdiabetes.org](http://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.

Similar diabetes prevention programs (DPP) are offered at the Metro-YMCA and the Indian Health Board of Minneapolis. They do not use the I CAN Prevent Diabetes name, but the content are the same. Call these organization for more information.

More information about the I CAN Prevent Diabetes Program can be found at [www.icanpreventdiabetes.org](http://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. Additional maintenance classes will be offered at each site.

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 asses 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.