



NATIONAL KIDNEY
FOUNDATION®

of Michigan

November is Diabetes Awareness Month The National Kidney Foundation of Michigan offers online programs to prevent and manage this prevalent disease

ANN ARBOR, MICH. – (November 1, 2021) – In Michigan, over 2.7 million adults have prediabetes and most of them don't know they have it. Prediabetes is a condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as diabetes. At this point, type 2 diabetes can be prevented. But, if not taken care of, it can progress to type 2 diabetes, which is irreversible. Many are unaware of prediabetes because there are often no symptoms. During National Diabetes Month this November, the National Kidney Foundation of Michigan (NKFM) reminds all adults to be screened for prediabetes, and encourages them to take action to prevent type 2 diabetes.

Diabetes is a large and growing problem in the U.S. By the time of diagnosis, diabetes complications may already be present, including reduced kidney function, cardiovascular disease and vision problems. "The NKFM is a leader in diabetes prevention because diabetes is the leading cause of kidney failure in the U.S.," states NKFM President and CEO Linda Smith-Wheelock. "With our programs online, we can reach more people throughout Michigan."

NKFM Online Programs available:

The Diabetes Prevention Program (DPP).

If you are diagnosed with or concerned that you might have prediabetes, you can join DPP from home or wherever you have access to the internet. You will learn to prevent diabetes as part of a small, supportive group led by a lifestyle coach. Participants learn how to eat healthier, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes. Here are the upcoming no-cost information sessions:

Tuesday, November 2 - 11:00am

Wednesday, November 10 - 12:00pm

Wednesday, November 17 - 6:00pm

Monday, November 29 - 11:00am

Tuesday, December 7 - 5:30pm

Wednesday, December 15 - 12:00pm

To register or for more information, visit [ReadySetPrevent.org](https://www.readysetprevent.org) or call 800-482-1455.

Diabetes PATH Program (DPATH)

The NKFM also offers a no-cost program for people with diagnosed diabetes called the Diabetes PATH program. The interactive online workshop features certified leaders to help participants learn to manage diabetes and engage in a healthier, more enjoyable life.

Diabetes PATH

Tuesdays, 10:00am - 12:00pm

Information Session: Tuesday, October 26

Six Sessions total: November 2, 9, 16, 23, 20; December 7

New participants can join through Tuesday, November 9, 2021.

To register, contact Beaumont Health at 800-633-7377 or visit <http://classes.beaumont.org>.

Diabetes PATH

Thursdays, 10:00am - 12:00pm

Information Session: Thursday, October 28

Six Sessions total: November 4, 11, 18; December 2, 9, 16

New participants can join through Thursday, November 11, 2021.

To register, contact Ascension at 248-849-5752.

To find more virtual Diabetes PATH programs online or for more information on Diabetes PATH, visit nkfm.org/path or call 800-482-1455. Additional PATH programs can be found at mihealthyprograms.org.

For information on other programs that the NKFM offers online, visit nkfm.org/distancelearning.

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About the NKFM

The mission of the **National Kidney Foundation of Michigan** is to prevent kidney disease and improve the quality of life for those living with it. The NKFM provides more programs and services to more people in Michigan than any other region or state. For the past 13 years, Charity Navigator — the nation's leading nonprofit evaluator — has recognized the NKFM with its highest rating of 4 stars for success in sound fiscal management. **nkfm.org**