

National Diabetes Prevention Program

More than 1/3 of Michigan adults are at risk for type 2 diabetes. If you're among them, we can help you reduce your risk by as much as 70 percent! Holland Hospital is currently offering the CDC-approved National Diabetes Prevention Program, which empowers participants to prevent type 2 diabetes. This year-long program teaches proven lifestyle skills in a supportive group environment, lead by a Certified Diabetes Educator and trained Lifestyle Coach.

The program is based on the CDC curriculum and consists of 16 weekly sessions followed by 6 monthly sessions. At the end of your

year-long commitment, you will have laid the groundwork to take charge of your personal health, knowing that type 2 diabetes CAN be prevented!



For more information and to discuss insurance coverage for this program, contact Healthy Life Programs at (616) 394-3344.



I'm excited that it has only been 7 weeks and I have achieved my 10 pound weight loss! I can't wait to see what the next 9 weeks look like and the months to follow.

~ Isabella C., Holland

The National Diabetes Prevention Program has changed my life. I learned how to take control of my life to make the best, healthful decisions. The whole program is set up to support you step by step in an easy to follow format that is all about encouragement.

~ Therese S., Holland

As I began this class and watched the scale move downwards my motivation began to soar. This class has been worth it. I eat healthier. I am happier. I have self-confidence. I enjoy moving this body no matter the weather.

~ Paula S., West Olive