

DECEMBER 2019

QUARTERLY NEWSLETTER

Official Newsletter of the Northwest Michigan Chronic Disease Prevention Coalition

Happy New Year!

Another year has come and gone, and to be honest, it seems this has been the fastest one yet. To our community and collaborative partners- thank you! Thank you for joining us on this Chronic Disease Prevention journey. So much great work was done in 2019 and it is our deepest hope that we continue to fuel the fire in 2020. With that said, take time this holiday season to spend moments with family and friends, celebrate the season, and refresh, as there is still lots to do in the world of Chronic Disease Prevention. We'll see you in the New Year!



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Happy New Year!

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Check out www.livewell4health.org
for coalition updates and
information



Send email submissions to
khaner@dhd10.org



@livewell4health

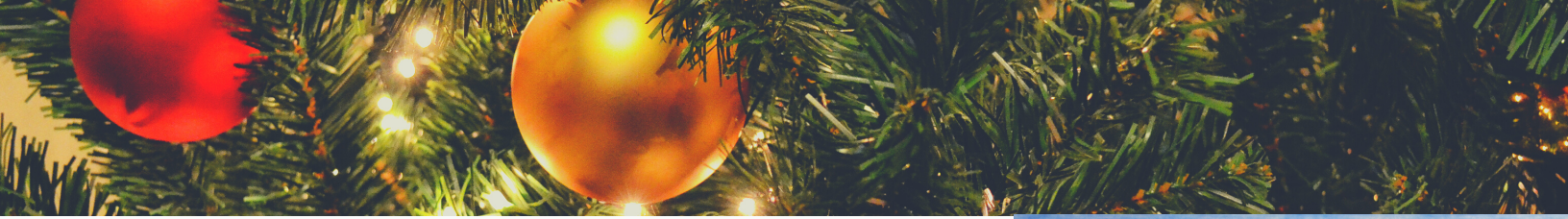
District Health Department #10 (DHD#10) Diabetes Prevention Program (DPP)

Recently, DHD#10 received this success story from a DPP program participant:

"In January of 2018, I began my journey to better my health. Things were going well, however, about November of 2018, I became stuck as far as losing weight was concerned. So, in April of 2019, I attended my first DPP session weighing in at 271 pounds. With the 16- week classes, the education on how to eat better and healthier, and the encouragement to take on physical activity, I made great progress right away. Our "class" was small, but we encouraged one another, which was a great help to me, often sharing recipes with each other. Fast forward to December 2019, in 7 months, I have lost 37 pounds!! I am pleased with how things have gone for me. I am regularly receiving compliments about my journey to better health. I feel full of energy and have a more positive outlook about the rest of my life. I know now that the quality of life from here on out is totally up to me, and to enjoy that highest possible quality of life is my highest priority. "

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Events

AREA AGENCY ON AGING OF NORTHWEST MICHIGAN

The Area Agency on Aging of Northwest Michigan is hosting Healthy Aging Workshops coming in 2020. For more information:

Call: 231-947-8920 or 800-442-1713

Visit: www.aaanm.org/workshop-registration

E-mail: healthyaging@aaanm.org



HEALTH DEPARTMENT OF NORTHWEST MICHIGAN

The Health Department of Northwest Michigan is looking to partner with an agency who can provide a Diabetes Prevention Program to start in the next few months. The Health Department has been awarded a Building Healthy Communities grant through MDHHS that could provide funding support for a DPP class and a portion of that funding is available to local agencies interested in offering DPP or training staff to be DPP Lifestyle Coaches. Funding is available to sites across northern Michigan with the primary focus being in Emmet, Charlevoix, Antrim, Kalkaska, Grand Traverse, Leelanau, Benzie, Manistee, Wexford and Missaukee counties. Funding can be available to sites outside of those counties. Grant funding is available on a first come first serve basis and is available through September 30, 2020. If interested, contact **Kathleen Jakinovich**:

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