

# Success Story Snapshot: YMCA Diabetes Prevention Program Lenawee County, MI

## STATE AND LOCAL PUBLIC HEALTH ACTIONS To Prevent Obesity, Diabetes, Heart Disease and Stroke Team Michigan



### PUBLIC HEALTH ISSUE

- 1/3 of adult Lenawee County residents are obese.
- More than 10% of adults over 20 years old have diabetes.
- More than 10% of the population do not have access to a reliable source of food during the past year



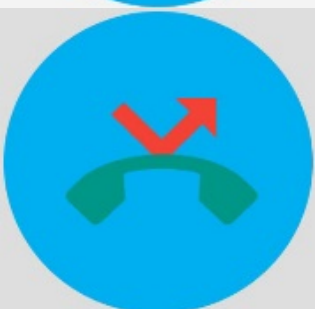
### PROGRAM ACTION

- Implemented the Diabetes Prevention Program
- Lenawee Health Network established a chronic disease network.
- Was awarded the Diabetes Prevention-State and Local Public Health Actions to Prevent Obesity, Diabetes, Heart Disease and Stroke cooperative agreement (DP14-1422)



### RESULTS

- YMCA Diabetes Prevention Program led to an average weight loss of 6.6% (higher than the national average).
- As of July 2017, 331 adults have enrolled in the Diabetes Prevention Program



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