

Michigan Diabetes Prevention Program Overview for Medicaid Members

If you have prediabetes, the Michigan Diabetes Prevention Program (MiDPP) may be for you. It can help you lose weight, become more active, and prevent or delay type 2 diabetes. Your health care provider or your health plan will help you find the right MiDPP provider for you.

What is prediabetes?

- Prediabetes means your blood sugar levels are higher than normal, but not high enough to be called diabetes.
- If left untreated, prediabetes can lead to type 2 diabetes and other health problems.
- The good news is that prediabetes can often be reversed with some healthy lifestyle changes.

How does the MiDPP work?

- A trained lifestyle coach will lead and support you and your group members through this year-long program.
- You can choose what learning style works for you: in-person, online, or distance learning.
- Your lifestyle coach will use the Centers for Disease Control and Prevention (CDC) approved lessons and adapt the sessions to match your group's background, interests, and needs.
- Your group members are your support group. They are people with goals and struggles like your own. Your support group will share ideas and help solve problems that can get in the way of your goals.

How much time does the program take to complete?

- The program runs for one year. During the first six months, you will meet about once a week. During the final six months, you will meet at least once a month.
- For best results, stay in the program for the full year.

What will I learn?

During the program, you will learn to:

- Eat healthy without giving up the foods you love.
- Add physical activity to your life.

- Deal with stress and challenges that can get in the way of your hard work.
- Get back on track if you stray from your plan.

How do I know if I am eligible for MiDPP?

To be eligible, you must meet all of the following:

- Be a Michigan Medicaid or Healthy Michigan Plan member.
- Receive a recommendation for MiDPP from a health care provider.
- Be at least 18 years old.
- Be overweight.
- Not be pregnant.
- Have never been diagnosed with type 1 or type 2 diabetes.
- Have a recent blood test with results in the prediabetes range OR have a history of gestational diabetes OR score at [high risk based on a risk test](#).

How much does the MiDPP cost?

The MiDPP is free for eligible Michigan Medicaid or Healthy Michigan Plan members.

What kind of results do people have with the MiDPP?

- Many participants have lost weight, say they feel better, and are more active than they were before the program.
- The program can lower your risk of having a heart attack or stroke, improve your health, help you feel more energetic, and reverse prediabetes.
- Research shows that people with prediabetes who take part in a lifestyle change program can cut their risk of developing type 2 diabetes by 58 percent, and by 71 percent for people over 60 years old.
- The average person will lose 5 to 7 percent of their body weight by eating healthier and by being active for 150 minutes a week.

Michigan.gov/Diabetes