Menominee Tribal Clinic Di

Eligibility Confirmed

Pre-diabetes diagnosed during FBG or HbA1c or Pre-diabetes previously diagnosed and FBG/HbA1c normal

Enrollment

Individual is invited to participate in the DPP Lifestyle Balance curriculum.

If agrees, will be scheduled for next class session.

Classes begin two times per year, in February/March and September.

Consent

Enrolled participant meets with Health Educator at the clinic to review and sign program consent forms.

Baseline Assessment

Participant has a physical exam and additional lab tests within one month prior to starting program's Intensive Activities.

Intensive Activities

Session 1: Orientation & Baseline Questionnaires

Health Educators introduce the program and group.
Participants and family member complete the
appropriate Baseline Questionnaires.

Sessions 2-17: DPP Lifestyle Balance Curriculum

Weekly meetings through Session 12, then every other week. Each session will cover a different topic that has been developed to help participants make lifestyle changes to reduce their risk of type 2 diabetes.

Lifestyle Coaching

Participant meets monthly with Health Educator/ Lifestyle Coach for individual counseling (example: goal setting, problem-solving).

After-Core Activities

Post-curriculum physical exam and annual exams.
Follow-up and annual questionnaires (participant and family).
Monthly contacts with Health Educator/Lifestyle Coach.
After-core group reunions, classes, and activities (will vary).

