

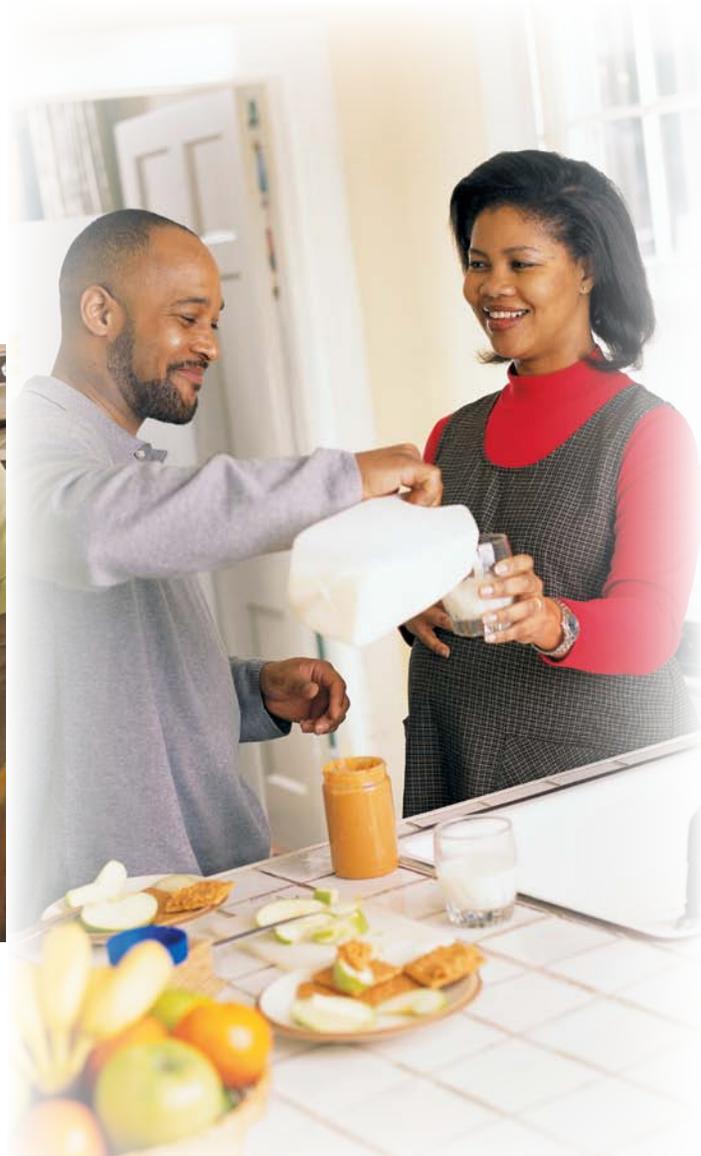


www.msue.msu.edu

Michigan State University Extension's strengths are our community-based approach to program delivery and our efforts to serve the needs of Michigan's citizens in urban, suburban and rural settings. We promote healthy lifestyles, and we equip Michigan residents to take control of their personal health through education.

MSU Extension helps people apply research to make positive changes in their lives. We empower individuals with the knowledge they need to make healthy choices.

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Michigan State University Extension's health and nutrition programs are designed to teach:

- Healthy nutrition for people of all ages.
- The value of physical activity in everyone's life.
- Food safety, including food preservation.
- Disease prevention strategies.
- Self-management day-to-day skills for people with chronic conditions.
- Healthy individual and family relationships.
- Positive youth development.



MSU is an affirmative-action, equal opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

Disease Prevention and Management Programs

Dining With Diabetes

Dining with Diabetes is a five-session course designed for people at risk of diabetes or who have diabetes, as well as their family members.

Through this class you will learn:

- **How to prepare healthy meals using less fat.**
- **How to make meals using less sodium and sugar without reducing flavor and enjoyment.**
- **The causes of diabetes.**
- **Tools for managing diabetes.**
- **The importance of diet and exercise in managing diabetes.**

You will also have the opportunity to sample a variety of healthy foods and take home recipes so that you can make them yourself.



Personal Action Toward Health (PATH)

PATH provides the skills and tools to manage chronic health conditions. People who participate in PATH workshops are better equipped to face the daily challenges of living with one or more chronic conditions. PATH is a six-week series facilitated by two trained leaders who have chronic conditions themselves.

Through PATH you'll learn to:

- **Deal with the challenges of not feeling well.**
- **Talk to healthcare providers and family members.**
- **Overcome stress and relax.**
- **Increase your energy.**
- **Handle everyday activities more easily.**
- **Stay independent.**
- **Set goals.**



Michigan Diabetes Prevention Course

The Michigan Diabetes Prevention Course developed by the Michigan Department of Community Health provides tools to help people at risk for Type 2 diabetes or prediabetes. Prediabetes, commonly known as “borderline diabetes,” is a condition in which a person’s blood sugar is higher than ideal but not high enough to be diagnosed as diabetic. The Michigan Diabetes Prevention Course is a five-week course facilitated by a trained educator.

The Diabetes Prevention Course focuses on:

- **Establishing lifestyle changes to promote slow, steady weight loss.**
- **Healthy eating.**
- **Physical activity.**
- **Goal setting.**
- **Recognizing cues, such as stress, that impact decisions.**

