**National Diabetes Prevention Programs by County**

**October 22, 2020**

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| **County** | **Agency** | **Contact Person** | **Phone number** |
| Alger | Munising Hospital  | Paula Ackerman*Currently not offering the program* | 906.387.4110 |
| Baraga | Baraga Hospital | Pam Dove*Currently not offering the program* | 906.524.3449 |
| Delta | Hannahville  | Tonya LaFave | 906.723.2534 |
| Delta | Public Health, Delta County | Donna Ritchie*Currently not offering the program* | 906.786.4111 |
| Delta | Northern Lights YMCA | Amy Fudulaafudala@nlymca.com | 906.789.0005 |
| Gogebic | MSU Extension | Anita Carter*Offers the program via Zoom and in person* | Carte356@anr.msu.edu***May serve other areas*** |
| Houghton  | UPHS-Portage | Kelly Aho*Currently not offering the program* | 906.483.1229 |
| Luce and Mackinac | MSU Extension | Tracie Abram*Offers the program via Zoom and in person*  | 906.235.2985***May serve other areas*** |
| Marquette | UPDON/UPCAP | Ann Constance | 2-1-1 or 906.273.1120 |
| Marquette | YMCA  | Christina Bennett*Currently not offering the program* | 906.227.9622 |
| Marquette | UPHS – Bell | JoAnn Manty*Currently not offering the program* | 906.485.2686 |
| Marquette | Self employed  | Pam Roose*Offers the program via Fruit Street (online program)* | pjxroose@gmail.com |
| **County** | **Agency** | **Contact Person** | **Phone number** |
| Menominee | Public Health, Menominee | *Currently not offering the program* | 906-786-4111  |
| Menominee | YMCA | Kristen Weglarz | 906.863.9983 |

 If no Diabetes Prevention Programs area available. Options include:

1. Meet with Registered Dietitian Nutritionist (RD/RDN) – most hospitals employee an RD/RDN
2. Join a community weight loss program like TOPS or Weight Watchers.
3. Join an online diabetes prevention weight loss program like Noom (<https://www.noom.com>) or Fruit Street (<https://www.fruitstreet.com>) or Hope 80/20 (https://hope8020.com)