

The Benefits of SNAP



A recent article in [JAMA Internal Medicine](#) found that participation in the Supplemental Nutrition Assistance Program (SNAP), known as food stamps, may provide the added benefit of

addressing and lowering cost-related medication non-adherence for participants with diabetes. Cannot download the full article? Find the summary [here](#).

You can help a community member enroll in SNAP and other programs by using [MI Bridges](#).

Candy Take Back 2018

This year, across three counties, our partners and NMDI collected 838.59 pounds of candy. This is less than previous years. We are guessing that the beautiful weather we experienced on Halloween meant unfortunately more candy was handed out to trick-or-treaters.



Pictured: Dan Smith, Executive Director at Cadillac Area YMCA with Sherry McKissen with American Legion Auxiliary Unit 94.

Thanks to our partners!

Cadillac Area YMCA
Kalkaska Area Memorial Hospital
K-Town Youth Health Center
Munson Healthcare Manistee Hospital
Munson Healthcare Cadillac Hospital
Munson Medical Center
TBA-ISD
Youth Health & Wellness Center



“Move Your Way:” New Physical Activity Guidelines

The new 2018 physical guidelines were released in November. [Click here to read more](#). The goal is simple: move more, sit less. It all adds up! The recommendations for adults are to move for at least 150 minutes a week. Walking, gardening, and household cleaning all count. These recommendations are the same for participants in the Diabetes Prevention Program. Simple, small changes are more likely to stick and can last a lifetime!

Join the movement! [Download](#) the promotional materials.

New Pre-Diabetes Campaign

The Ad Council with the American Medical Society and CDC have updated their eye-catching marketing materials and PSAs. Visit the newly redesigned website at [doihaveprediabetes.org](#). For Spanish speaking audiences, visit [PodriaTenerPrediabetes.org](#). Visitors can still take the risk test. Now they can also find programs close to home and find FAQ's about pre-diabetes. We still recommend you can still use [mihealthyprograms.org](#). This site lists upcoming classes, dates and times. In addition, this website offers connections to other proven programs such as PATH.

Need help with referrals?

If you are a diabetes education program, did you know the CDC has release a new toolkit for Diabetes Self-Management, Education and Support programs? You can access it [here](#).

Other Steering Committee updates...

- Watch your inbox for our 2017-2018 Annual Report.
- We are working with MiCMRC to host a webinar on the Diabetes Prevention Program on 2/27/2019. Stay tuned!