

Spring 2026 Diabetes Prevention Network Meeting

Michigan Diabetes Prevention Network
MDHHS-Diabetes Prevention & Control Program

www.Michigan.gov/Diabetes



Mission

MDHHS provides services and administers programs to improve the health, safety, and prosperity of the residents of the state of Michigan.

Welcome



- Thank you for coming!
- We encourage breaks and activity during the meeting.
- Brief MI Diabetes Prevention Network (DPN) background.
- Feedback is important to us.

Housekeeping

- Closed captioning is available in Zoom.
- Sharing feedback and asking questions – Chat + Shout it out.
- Slides and recordings to be posted on www.midiabetesprevention.org and emailed to the group when available.

What's a go-to physical activity for you?

(Walking, leaf/snow removal, gardening, hitting the gym, sweeping, running, Tai Chi, swimming, etc.)

Icebreaker - Deeper

What's something you recently rethought or changed your perspective on?

Agenda

- Welcome.
- Quick MDHHS Updates.
- Special Guest: Coupling Walk with Ease and DPP.
- Special Guests: DPP Lesson 6 and Real Ways to Encourage Physical Activity.
- Open Q&A.
- Wrap-Up.

Quick MDHHS Updates

Adrienne Davenport, MPH, RDN
Diabetes Prevention Consultant

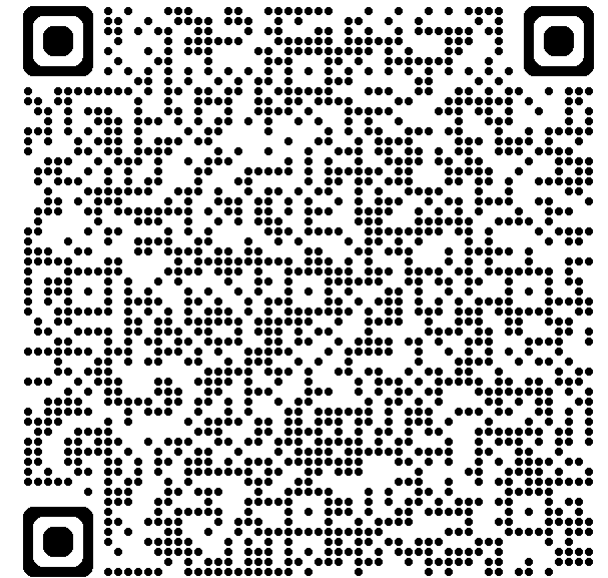


DPP Customer Service Center

- CDC is renewing its contract that staffs and supports the Customer Service Center (CSC) for DPPs and Lifestyle Coaches (<https://nationaldppcsc.cdc.gov>).
 - There are only three CDC staff managing requests and applications.
 - There may be a delay in responses or application approvals, though they are working to honor the normal 2-week turnaround.
 - Length of limited support TBD – weeks to month(s).
 - Contact Adrienne if you aren't getting a response; she may be able to fast-track communications.

2026 Lifestyle Coach Convening

- June 9-10.
- Atlanta, Georgia.
- For Lifestyle Coaches to share best practices and network.
- Questions? Email DTTAC@emory.edu.
- Official website:
<https://emorycenters4phtraining.emory.edu/2026-lifestyle-coach-convening-event-page/?ACSTrackingID=DM153659&ACSTrackingLabel=Reminder%20-%202026%20National%20DPP%20Lifestyle%20Coach%20Convening&deliveryName=DM153659>



Webinar Save-the-Dates

- Accessible Pharmacy plans for two free upcoming webinars.
- Save the dates!
 - 4/29 from 12-1 p.m.
 - Food Access for People with Disabilities.
 - 5/27 from 12-1 p.m.
 - Disability Communications with Providers.

New to DPP or Diabetes Prevention?

- Please consider emailing Adrienne at DavenportA1@Michigan.gov or calling 517-335-8378 if you'd like to have a more personalized discussion about diabetes prevention that meets your unique needs.

Coupling the Walk with Ease + Diabetes Prevention Program

Anjanette Laurin, RN, CDCES
Diabetes and Kidney Unit Nurse Consultant

Why Walk with Ease?



Link Between Diabetes and Arthritis:

- Half of all adults with diabetes (47%) also have arthritis.
- People with arthritis have a 61% higher risk of developing diabetes.

Source: [Learn About The Link Between Arthritis & Diabetes Here Today.](#)

Walk with Ease

Walk with Ease is proven to:

- Reduce pain, stiffness and fatigue.
- Increase balance, strength and walking pace.
- Build confidence in ability to be physically active.
- Improve physical function and overall health.



Source: [Coupling the Walk With Ease Program](#)

What is “Coupling”?

“Coupling is defined as the integration or combination of Walk With Ease (WWE) with another evidence-based intervention”, such as the Diabetes Prevention Program.

Source: [Coupling the Walk With Ease Program](#)

Benefits of Coupling

- Increases participant engagement and retention.
- Increases health promoting behavior change.
- Provides support for increasing physical activity.
- Easy to access and implement, evidence-based physical activity program.

WWE Michigan Portal

- Free portal for Michigan residents.
- Six-week self-directed walking program.
- Audience:
 - Adults with chronic health conditions including arthritis.
 - People who want to be more active.
 - Individuals able to be on their feet for 10 minutes w/o increased pain.
- E-guidebook option at no cost.
- Portal tracking (walking diary).
- Combines joint health education and online support tools (i.e., instructional videos, stretching, etc.).
- Video: [Walk With Ease Class Zero \(youtube.com\)](https://www.youtube.com/watch?v=...).

MI Portal: What's New



- Added Prediabetes group.
- Customized Prediabetes messaging.
- Promotional handouts.

WWE Registration



LOG IN

Step 1: Create WWE Account

Create Portal Account for mi (Step 1 of 2)

EN ESPAÑOL

Please provide the following information to create your secure Walk With Ease portal account. You will use the Username/Email and Password to login weekly, track your progress throughout the program, and get your certificate of completion. Please make a note of the website (or save to your

Step 2: Register for WWE

Step 3: Important Next Steps

* Group

SORT ALPHABETICALLY

- Diabetes Group (Registration open 10/03/24 - 12/31/27)** Register for the self-directed Walk With Ease
- Michigan Residents (Registration open 10/07/24 - 12/31/27)** Register for the self-directed Walk With Ease
- WISEWOMAN (Registration open 02/05/25 - 12/31/26)** Register for the self-directed Walk With Ease
- Prediabetes/Diabetes Prevention Group (Registration open 11/17/25 - 12/31/27)** Register for the self-directed Walk With Ease

Promotional Handouts



Walk With Ease Michigan

It's a perfect time to walk toward better health!

Join Walk With Ease, an Arthritis Foundation program proven to reduce pain and stiffness while improving overall health.

Walk With Ease is for adults with arthritis or other conditions like diabetes or heart disease who want to be more physically active. It is suitable for people who can stand, with or without a cane, walker, or other mobility aid, for at least 10 minutes.

Walk With Ease can help:

- Reduce joint pain.
- Increase balance, strength and stamina.
- Learn how to walk safely, comfortably and at your pace.
- Learn stretching and strengthening exercises.



This six-week, self-directed program is available at: www.StartWalkWithEase.org/MI.

At registration, pick the best group for you to get the right support and health tips:

- **Prediabetes/Diabetes Prevention Group:** group for those at risk for diabetes.
- **Diabetes Group:** group for those with a diagnosis of diabetes.
- **Michigan Residents:** group open to all with general health tips.

This Walk with Ease program is free and includes an optional e-book.



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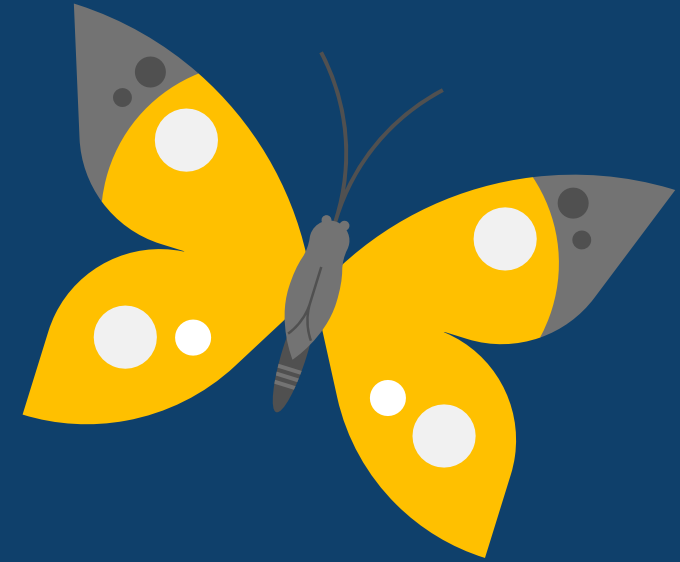
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What's Next

- Share WWE MI portal with lifestyle coaches: startwalkwithease.org/mi.
- Try the portal for yourself.
- Identify times to introduce WWE portal to participants:
 - At the beginning of the cohort.
 - During sessions of physical activity discussions. (core sessions)
 - At post-core sessions.
- Utilize promotional handouts to share sign up info.
- Encourage participants to sign up > work towards 150 min of activity.
- Get creative: start a walking group before or after class.
- Reminder: the WWE portal is FREE.

Questions?

Session 6 and Real Ways to Encourage Physical Activity in DPP.



Fenise Brownlee and Cariece Williams
CDC-Certified Lifestyle Coaches

Introduction



- Welcome, Fenise Brownlee and Cariece Williams!
 - CHWs and CDC-certified Lifestyle Coaches with a lot of DPP experience.
- Physical Activity, DPP, and Session 6 (*Prevent T2* curriculum).

Lifestyle Coach Insight

- We will share a video that gives insight into Session 6 of *Prevent T2* curriculum and some physical activity pointers from our experience as lifestyle coaches.
- We will stop at some points and dive a little deeper.


Video



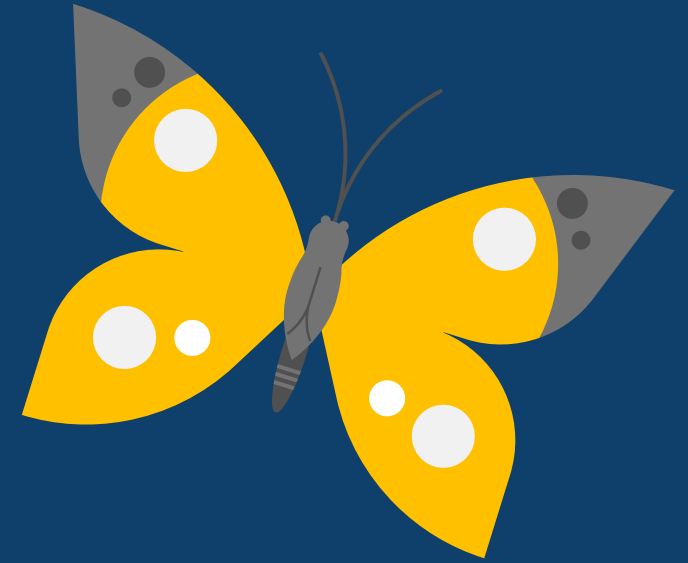
Discussion

- What do you think about the video?
- What thoughts did this bring up for you?
- Are there reasons this might not work for you? We can help troubleshoot!
- How is this similar to or different from what you have offered for Session 6 or to encourage physical activity?
- Are there any ideas you will use?

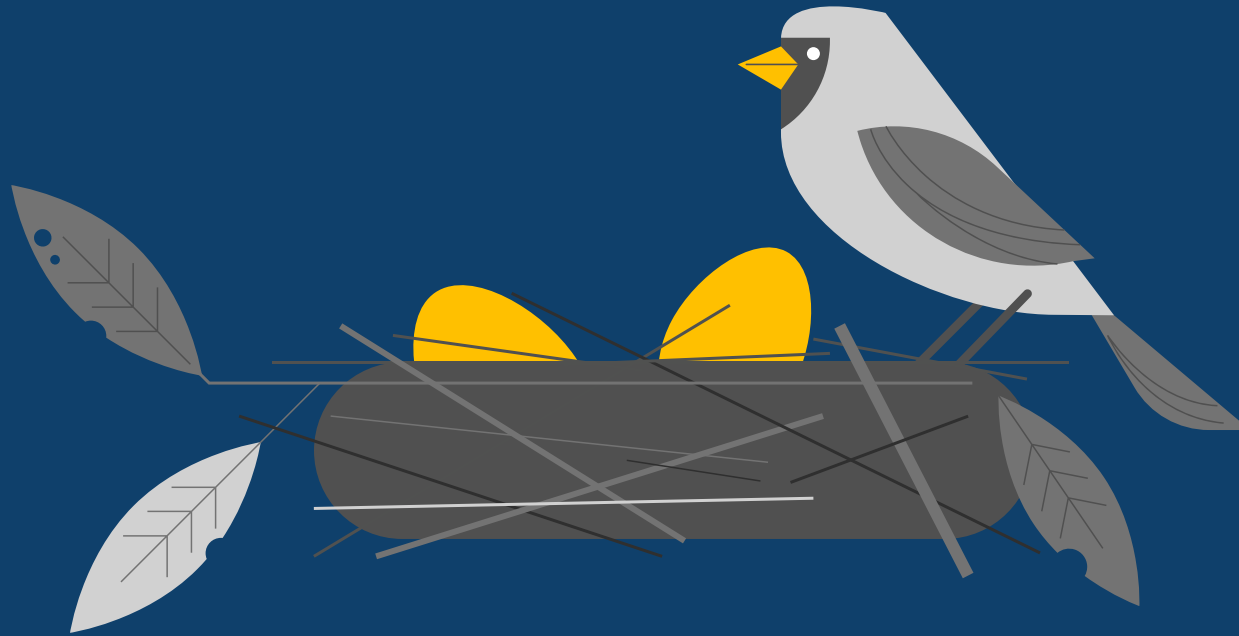
Thank you!

- Final closing thoughts and questions.
- Thank you, speakers! 

Open Q&A



Wrap-Up and Thank You



Register Now! Summer DPN Meeting

- Next meeting: 6/25, 10-11 at Eastern Market in Detroit.
 - Live food demonstration and tasting with tips for your DPP participants.
 - Link to register:
https://forms.office.com/Pages/ResponsePage.aspx?id=h3D71Xc3rUKWaoku9HII0QinSJ7ceQpMn8hn_G09nedUMVRQMEZZSVpJSzVQREZTWFAyVVc5N1pYRi4u

Michigan Diabetes Prevention Network Summer Meeting



DPN Evaluation

- Please fill out the meeting evaluation.
 - Link:
https://forms.office.com/Pages/ResponsePage.aspx?id=h3D71Xc3rUKWaoku9HII0QinSJ7ceQpMn8hn_G09nedUQkFDSjIEUVU3T0hDMDJTMk1VUIhaUkISS4u



Thank You

- Tamah Gustafson: GustafsonT2@Michigan.gov
- Anjanette Laurin: LaurinA3@Michigan.gov
- Adrienne Davenport: DavenportA1@Michigan.gov
- Medicaid DPP: MDHHS-Medicaid-DPP@Michigan.gov