

Michigan DPP Community of Practice May 2026

Michigan Diabetes Prevention Network
MDHHS-Diabetes Prevention & Control Program

www.Michigan.gov/Diabetes



Mission

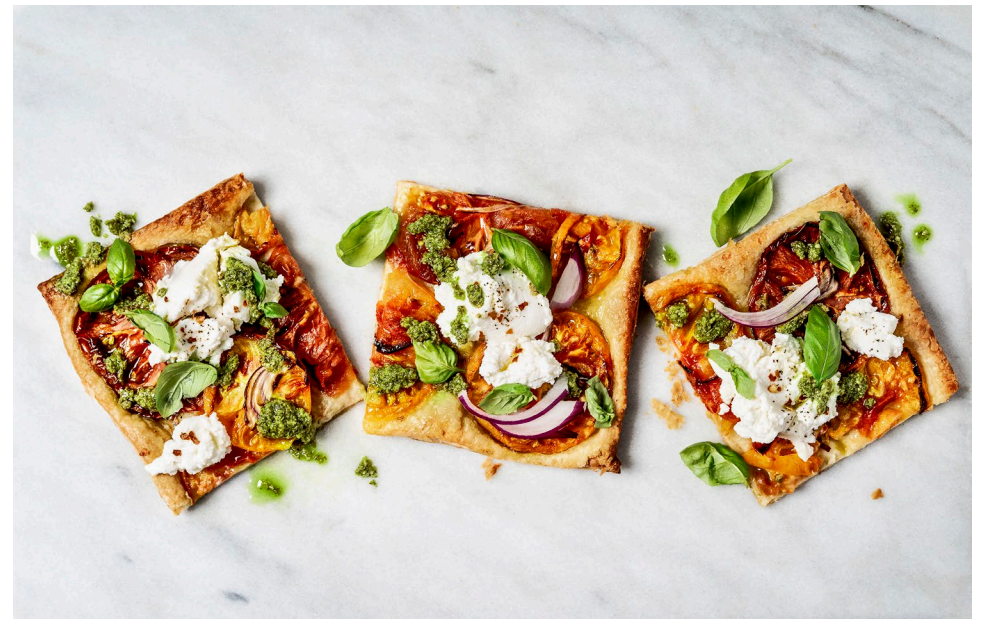
MDHHS provides services and administers programs to improve the health, safety, and prosperity of the residents of the state of Michigan.

Welcome!

- Thank you for coming!
- We will share a contact list after the presentation.
- We will cover:
 - MDHHS Updates.
 - Dementia and Diabetes.
 - Open Q&A.

Icebreaker

Does round or square pizza taste better?



DPN Meetings


- 6/25 – In-person at Eastern Market, Detroit (register here: https://forms.office.com/Pages/ResponsePage.aspx?id=h3D71Xc3rUKWaoku9HII0QinSJ7ceQpMn8hn_G09nedUMVRQMEZZSVpJSzVQREZTWFAyVVc5N1pYRi4u).
- In 2027, aiming for:
 - Upper Lower Peninsula.
 - West Side of MI.

Michigan Diabetes Prevention
Network Summer Meeting



MDHHS Diabetes Social Media

<https://www.michigan.gov/mdhhs/keep-mi-healthy/chronicdiseases/diabetes/diabetes-social-media-messages>

DPP Promotional Resources 

X Message: Learn where you stand with prediabetes - take the 1-minute prediabetes risk test @ www.DoIHavePrediabetes.org #DiabetesAwareness

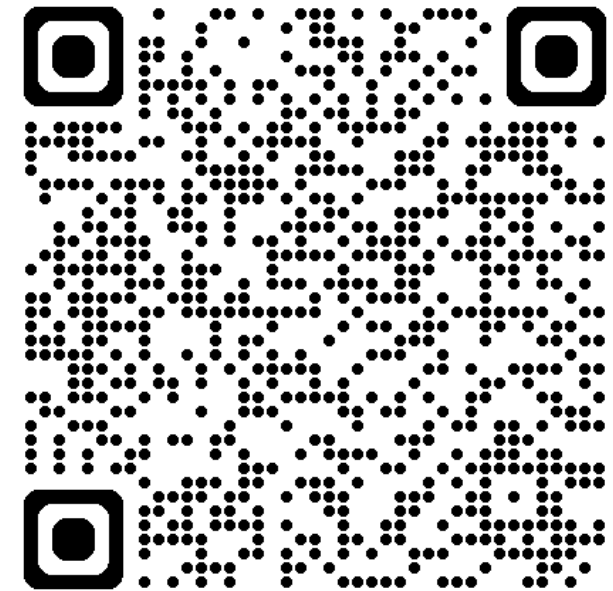
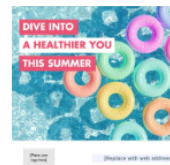
Facebook and Instagram Message: Learn where you stand with prediabetes by taking the 1-minute prediabetes risk test at www.DoIHavePrediabetes.org.

[Find a Diabetes Prevention Program](#) near you. #DiabetesAwareness

- [Download full size image](#)

X Message: Summer is a great time to get moving outdoors. Learn tips for active summer living with the Diabetes Prevention Program at www.michigan.gov/diabetes

Facebook and Instagram Message: Summer is a great time to get moving outdoors. Getting outside to swim, play sports, take a walk or have a picnic are great ways to be active. Learn tips for active summer living with the Diabetes Prevention Program at www.michigan.gov/diabetes



Lifestyle Change for Diabetes and Dementia Prevention

- In April, Adrienne and an MDHHS colleague in dementia work attended a national-level diabetes and dementia roundtable.
 - Approximately:
 - 30 people attended.
 - Half were researchers and half were implementers and/or Alzheimer's Association staff.
 - Sponsored by Alzheimer's Association.

Meeting Purpose

- The roundtable coordinators consider the Diabetes Prevention Program (DPP) a told standard example of a successful, nationally scaled evidence-based lifestyle change intervention.
- They were looking to DPP to help inform how to transition from a clinical trial to an intervention in the real world (implementation research).

U.S. POINTER Trial

- Landmark study that showed a structured lifestyle change program can support cognitive function and significantly lower dementia risk.
- Study: <https://jamanetwork.com/journals/jama/fullarticle/2837046>

Intervention Details (1)

- 2,111 adults age 60-79 (more than 30% from groups typically underrepresented in dementia research).
- Randomly assigned to either self-guided or structured lifestyle program.
 - Self-guided: Shared existing resources, lower intensity, flexible schedule. 6 peer meetings over 2 years with general encouragement.
 - Structured: 38 facilitated peer meetings over 2 years with prescribed activity program and measurable goals for all domains.

Intervention Details (2)

- Both interventions focused on physical activity, health monitoring, nutrition, and cognitive exercise with social activity.
- Both interventions supported cognitive function and decreased dementia risk significantly – the structured intervention more so.

Key Discussion Points

- There should not be competition between DPP and a dementia intervention.
- There are components in common between DPP and this dementia intervention. There is the possibility to "add on" to DPP to create the dementia intervention while maintaining DPP fidelity and addressing prediabetes.
- There is generally low awareness/urgency in terms of prediabetes but higher awareness and interest in dementia - possible synergy in messaging, desire to participate.
- Sustainability is a very serious issue that DPP hasn't fully resolved.
- CHWs can be great fits for these program administrators.

Next Steps

- Learnings will help researchers and the Alzheimer's Association partners start implementation research to transition the study to a real-world intervention.
 - They will soon release \$15 million in implementation grants to organizations interested in implementation research.
 - The team is deciding what must be kept and what can be flexed while keeping fidelity to study design and desired outcomes.
- Adrienne will share updates.

Wrap-Up

Open Q&A

Thank you! Contact us at any time!



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