

Diabetes Care and Nutrition



About Us

Trinity Health Livonia's Diabetes Care and Nutrition department offers in person and virtual support to help adults 18 and older manage Prediabetes, Type 1, Type 2, and Gestational diabetes.

Our experienced and compassionate team of certified diabetes educators, registered dietitians and Lifestyle Coaches are dedicated to helping you take charge of your health.

Our program is certified by the Michigan Department of Health and Human Services and recognized by the American Diabetes Association.

Diabetes Self-Management Education

Diabetes Self-Management Education is an important step to learning how to manage your diabetes. You will meet with one of our diabetes educators individually or in a group setting to gain confidence with the following skills:

- Developing a healthy eating plan
- Increasing physical activity
- Managing medications
- Using your blood glucose meter
- Preventing complications
- Understanding insulin management
- Techniques to reduce stress
- Weight loss strategies

▶ **83%**

of Diabetes Self-Management participants felt more confident to manage their diabetes.

Nutrition Counseling

A registered dietitian will work with you to create a healthy eating plan and lifestyle changes that work for you. Nutrition counseling is helpful for those with diabetes, heart disease, obesity, kidney disease and other health related conditions.



Gestational Diabetes

Gestational diabetes develops during pregnancy and requires treatment to help avoid problems for mother and baby.



Our program helps expectant mothers improve their glucose levels to ensure a healthy pregnancy.

Diabetes Prevention Program

The Diabetes Prevention Program is proven to prevent or delay type 2 diabetes for those with prediabetes or at high risk of developing diabetes. You'll get a full year of support and learn how to eat healthy, add physical activity to your routine, manage stress, stay motivated, and solve problems that can get in the way of your goals. Our program is fully recognized by the Centers for Disease Control.

Insurance Coverage

Our services are covered by Medicare, Medicaid, and most private insurance plans. Please contact your insurance provider if you have questions about your specific benefit coverage. All patients need a referral from their physician.

Participant Testimonials

"The Diabetes Prevention Program has helped me realize my health is important. Information shared in this program can be a lifetime change of health habits for you and your loved ones."



"The day my life changed was when I took the Diabetes Self-Management Education class. My future looks great now that I know what to do."