

## Are your patients at risk for type 2 diabetes?

### Test them today for prediabetes and recommend the Diabetes Prevention Program

The National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), is a proven program that has been shown to prevent or delay type 2 diabetes in high-risk patients.

Research examining the effects of a structured lifestyle change Intervention like the National Diabetes Prevention Program showed that weight loss of 5 to 7 percent of body weight, achieved by reducing calories and increasing physical activity, reduced the risk of developing type 2 diabetes by 58 percent in people at high risk for the disease.

To learn more about this research, visit <http://www.niddk.nih.gov/about-niddk/research-areas/diabetes/diabetes-prevention-program-dpp/Pages/default.aspx>

#### Which Patients Are Eligible?

To participate, patients must:

- Be at least 18 years old; and
- Be overweight BMI greater than or equal to 24 kg/m<sup>2</sup>; greater than or equal to 22 kg/m<sup>2</sup> if Asian. and
- Have established risk factors for developing type 2 diabetes; or
- Have been diagnosed with prediabetes within the past year; or
- Have been previously diagnosed with gestational diabetes.

*Certain programs may have additional requirements*

#### PROGRAM FEATURES

- Trained lifestyle coach
- CDC-approved curriculum
- Group support
- 16 weekly meetings
- 6 monthly follow-up sessions

#### WHAT PARTICIPANTS ARE SAYING...

"I love having a lifestyle coach. She has given us great information, helped me stay on track, and stay positive!"

"I'm so excited because I went to the doctor last week and all of my numbers were down, and I officially no longer have prediabetes."

Vivien

### **How Does the Diabetes Prevention Program Work?**

DPP empowers patients with prediabetes and those at risk for type 2 diabetes to take charge of their health and well-being. Participants meet in groups with a trained lifestyle coach for 16 weekly sessions and 6 monthly follow-up sessions to learn ways to incorporate healthier eating and moderate physical activity, as well as problem-solving, stress-reduction, and coping skills, into their daily lives.

### **How Can My Patients Access a program near them?**

The Diabetes Prevention Program is a community-based program, so your patients can find it in varied locations like health care facilities, faith-based organizations, wellness centers, and worksites. Many private insurers, employers, government agencies, health care facilities, and community-based organizations offer access to and coverage of the program. The Diabetes Prevention Program may be free to many of your patients based on their insurance coverage.

### **Programs are offered by the following recognized organizations:**

- Caroline County Health Department
- Chesapeake Multicultural Resource Center
- Dorchester YMCA
- Kent County Health Department
- YMCA of the Chesapeake

### **Recommending Patients Is Easy!**

Simply use the [recommendation form](#) available to share information about the Diabetes Prevention Program and recommend those patients who are at risk for type 2 diabetes. To learn more or to request recommendation forms, please contact:

**To find programs offered on the Mid-Shore, visit [www.midshorehealth.org](http://www.midshorehealth.org) or call 410-778-2167**