Welcome and thank you for joining us today for the National Diabetes Prevention Program Session 0. My name is ___________ and I am a Lifestyle Coach for the Diabetes Prevention Program. This session has been designed to give you an overview of the Diabetes Prevention Program, the benefits behind it and the great success participants who have completed the program have had with improving their overall health and reducing the risk of transitioning into Type 2 Diabetes (T2DM).

Prediabetes is a growing health condition throughout the world:

- An estimated 79 million Americans have prediabetes, making them at greater risk for developing type 2 diabetes, heart disease, and stroke
- The CDC estimates that 1 in 3 adults have prediabetes; 90% are unaware that they have the condition
- Diabetes currently affects 1 in 10 adults, and the Centers for Disease Control and Prevention (CDC) estimates as many as 1 in 5 adults could have type 2 diabetes by 2025, if nothing changes
- Without intervention, up to 30% of people with prediabetes will develop type 2 diabetes within 5 years

The CDC led National Diabetes Prevention Program (NDPP) is an evidence based lifestyle change program for preventing type 2 diabetes. Programs are conducted by lifestyle coaches who are trained on an evidence-based, CDC-approved curriculum. The NDPP research shows that making a few behavior changes helped participants lose 5-7% of their body weight. This would be a 10 to 14 pound lost for a 200 pound person. These lifestyle changes significantly reduces the risk of developing type 2 diabetes by 58% in people at high risk, and 71% for people over 60. After 10 years, a follow-up study showed NDPP participants had a 34 percent lower rate of type 2 diabetes.

Risk factors for Prediabetes include:

- being 45 years of age or older
- being overweight
- exercising fewer than three times a week
- having a family history of type 2 diabetes
- age, race, ethnicity, gender
- having a history of gestational diabetes

CDC has developed a quiz making it easy for you to assess your risk for having prediabetes. Go to www.cdc.gov/diabetes/prevention to administer the quiz to your patients. (OR provide the test during this session).
Some of the behavior modifications discussed during the class include:

- Keeping a food journal of all food and beverages consumed
- Balancing calories and fat gram goals to within recommended levels
- Adding a minimum of 150 minutes of physical activity weekly

Participants set goals and achieve these goals through:

- Action planning
- Brainstorming
- Problem solving

To enroll in the program, you must be at least 18 years old, overweight and present with risk factors for T2DM, or diagnosed with prediabetes with a blood test.

Participants report success in the program and have indicated that:

- "This program provided the guidance and structure that I was too busy to create myself. It made all the difference in the world!"
- "Having a group of people with the same goals as me really motivated me to jump start healthy lifestyle changes."
- "I prevent type 2 diabetes so I can keep traveling, taking pictures and enjoying my family the rest of my life"
- "I've worked in medical research my entire adult life but always had a difficult time managing my weight. This program has taught me how to eat healthy and find an exercise routine that works for my schedule."

Our current class of 12 has completed their 14th week and have already lost a combined total of ___ pounds or ___% of body weight lost. They have also added an average of _____ minutes to their physical activity.

The NDPP is brought to you by ________________ (name of your organization) at very low cost in comparison to other programs offered throughout the community that can average from $400 - $700.

We hope you will give yourself the opportunity to experience this great program. We actually have a ________________DPP scheduled at this site which will begin __________. We are taking registration for it today. You may sign up with me directly or if you wish to take the workshop flyer information with you and register for it later by calling the phone number on the flyer.

At this time, we are happy to answer any questions you may have about the program.

Thank you all for joining us today to learn about the NDPP!