

# Prevent Diabetes

## National Diabetes Prevention Program

### FAQ

NDPP is a CDC-recognized lifestyle change program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

A trained lifestyle coach facilitates the program to help guide you in healthy behavior changes, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share similar challenges and successes.

This lifestyle change program is not a fad diet, or an exercise class, and it is not a quick fix. It is a year-long, in-person program focused on long-term changes and lasting results. A year might sound like a long commitment, but learning new habits, gaining new skills, and building confidence takes time.



# What is Prediabetes?

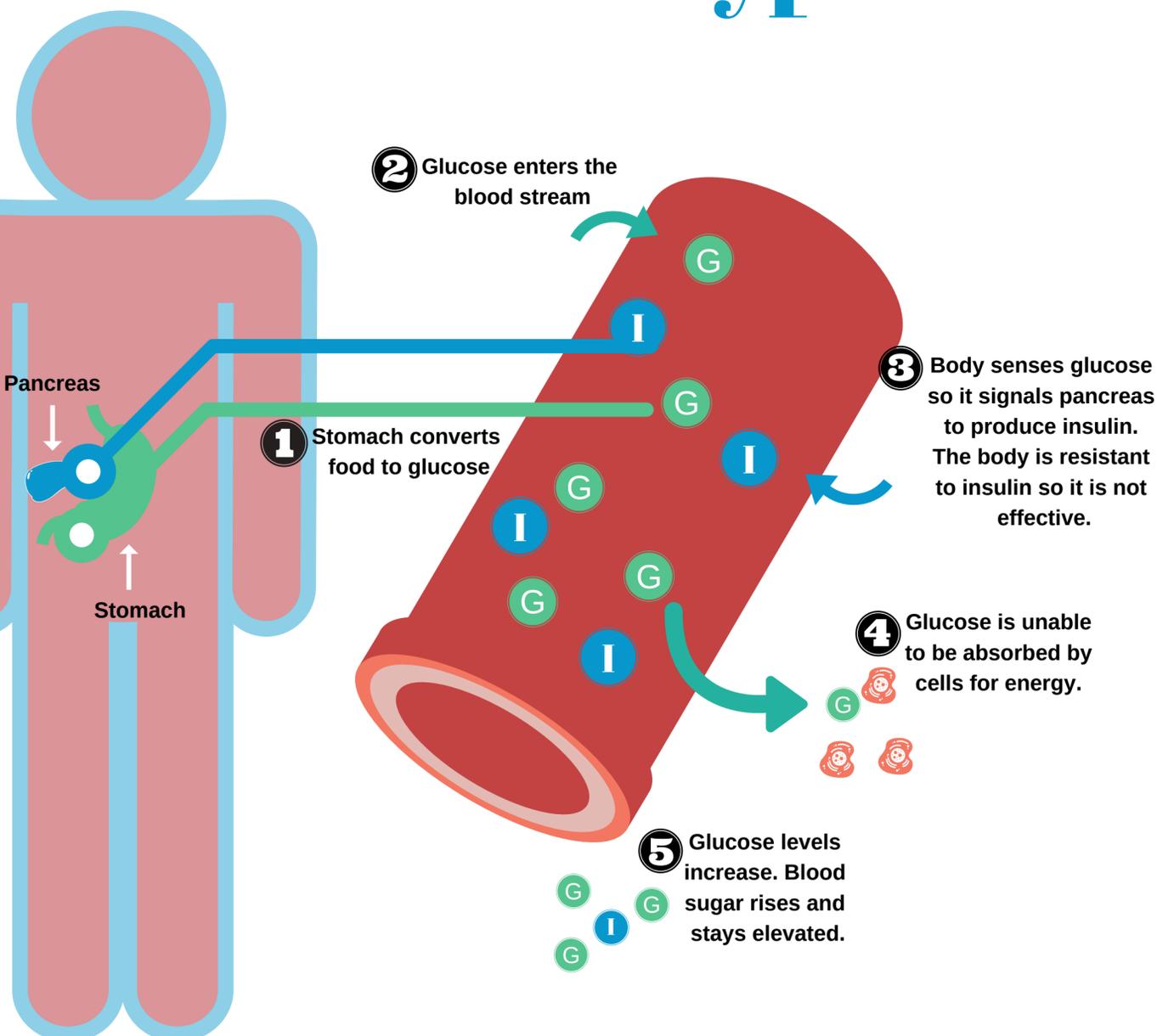
Prediabetes is a health condition when blood sugar (glucose) levels are higher than normal, but are not high enough to be diagnosed as type 2 diabetes. Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your body do not respond normally to insulin, so your pancreas makes more insulin as an attempt to get cells to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes and type 2 diabetes down the road.

An A1C test, also known as the hemoglobin A1C or HbA1c test, is a simple blood test that measures your average blood sugar levels over the past 3 months. It is one of the most commonly used tests to diagnose prediabetes and diabetes. An A1C of 5.7% - 6.4% is considered to be in the prediabetes range. Fasting plasma glucose (FPG) and the Oral Glucose Tolerance (OGTT) test can also be used.

TESTS FOR BLOOD GLUCOSE LEVELS			
TEST	NORMAL	PREDIABETES	DIABETES
A1C	less than 5.7%	5.7% to 6.4%	6.5% or higher
FPG	less than 100 mg/dl	100 mg/dl to 125 mg/dl	126 mg/dl or higher
Oral Glucose Tolerance Test (OGTT)	less than 140 mg/dl	140 mg/dl to 199 mg/dl	200 mg/dl or higher

The good news is that if you have prediabetes, the National Diabetes Prevention Program can help you make behavior changes to help prevent or delay type 2 diabetes.

# What is Type 2 Diabetes?



More than 30 million Americans have diabetes (about 1 in 10), and 90% - 95% of these individuals have type 2 diabetes. Type 2 diabetes most often develops in individuals over the age of 45, but more and more children, teens, and young adults are also developing it.

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into the cells in your body for use as energy. If you have type 2 diabetes, cells don't respond normally to insulin; this is called insulin resistance, or your pancreas does not produce insulin at all. This can in turn elevate your blood glucose levels which can be harmful if left unchecked.

A simple blood test can determine if you have diabetes. If you have gotten your blood sugar checked at a health fair or pharmacy, follow up at a clinic or doctor's office to make sure the results are accurate. An A1C of 6.5% or above is considered to be in the diabetes range.

# Question & Answers

## What do I need to do to participate in the NDPP program?

The National Diabetes Prevention Program (NDPP) is a program designed for those who are prediabetic or have a high risk of developing type 2 diabetes. The CDC states that to be eligible to participate, you must meet the following requirements:

- Be at least 18 years old **AND**
- Have body mass index (BMI) of  $\geq 25$ ;  $\geq 23$  if Asian **AND**
- Have no previous diagnosis of type 1 or type 2 diabetes **AND**
- Screen positive based on the Prediabetes Risk Test (5 or higher) **OR** have a blood test result in the prediabetes range. Prediabetes blood test ranges: Hemoglobin A1C (5.7% - 6.4%), fasting plasma glucose (100 - 125 mg/dl, or Two - hour plasma glucose (140 - 199 mg/dl) **OR**
- Be previously diagnosed with gestational diabetes

The blood tests must be done by a medical provider. The HealthyMe Employee Clinic has a provider that can help you with your blood test and the results. You can contact the clinic at 385-468-0555 or visit their website.

## What can I expect from the program?

You, along with a certified Lifestyle Coach, will go through a CDC-approved curriculum with lessons, handouts, and other resources, to help you make healthy behavior changes. You will learn new skills, be encouraged to set and meet goals, and participate in discussions. As part of a support group, you will share similar goals and challenges. Together, you can share ideas, celebrate successes, and overcome obstacles. During the first half of the program, you will learn to:

- Eat healthy without giving up all the foods you love.
- Add physical activity to your life, even if you think you don't have time.
- Manage stress.
- Cope with challenges that can derail your hard work, like how to choose healthy food when eating out and figuring out different ways to be physically active.
- Get back on track if you stray away from your plan, because everyone slips every now and then.



In the second half of the program, you will enhance the skills you have learned so you can maintain the changes you have made. These sessions will review key ideas such as tracking your food and physical activity, setting goals, staying motivated, and overcoming barriers. You may learn some new information too.

## When does the program start and how long does it last?

This program will run for one year. Our first meeting will be an informational session about the program on Wednesday, May 1st from 12:00 pm-1:00 pm. For those who join the program, our first class session will be on Wednesday, May 15th from 12:00 pm-1:00 pm. For the first 10 sessions, we will meet weekly. After the initial 10 weeks, we will meet every other week for the remainder of the program, on Wednesdays from 12:00 pm-1:00 pm.

## Do I need to attend all 26 sessions?

Making lifestyle changes is an ongoing process. Staying in the program for the full year is essential to help you stick to new behaviors and avoid slipping back into old habits. We understand that you may have other commitments and obligations, so if you must miss a session, you will need to do a make-up session with one of the coaches prior to your next meeting.

## How do I receive Healthy Lifestyles Points?

During this program, you will receive a total of 500 Healthy Lifestyle points by attending 75% of the class sessions.