

*CHANGING LIFESTYLES TO
PREVENT TYPE 2 DIABETES*

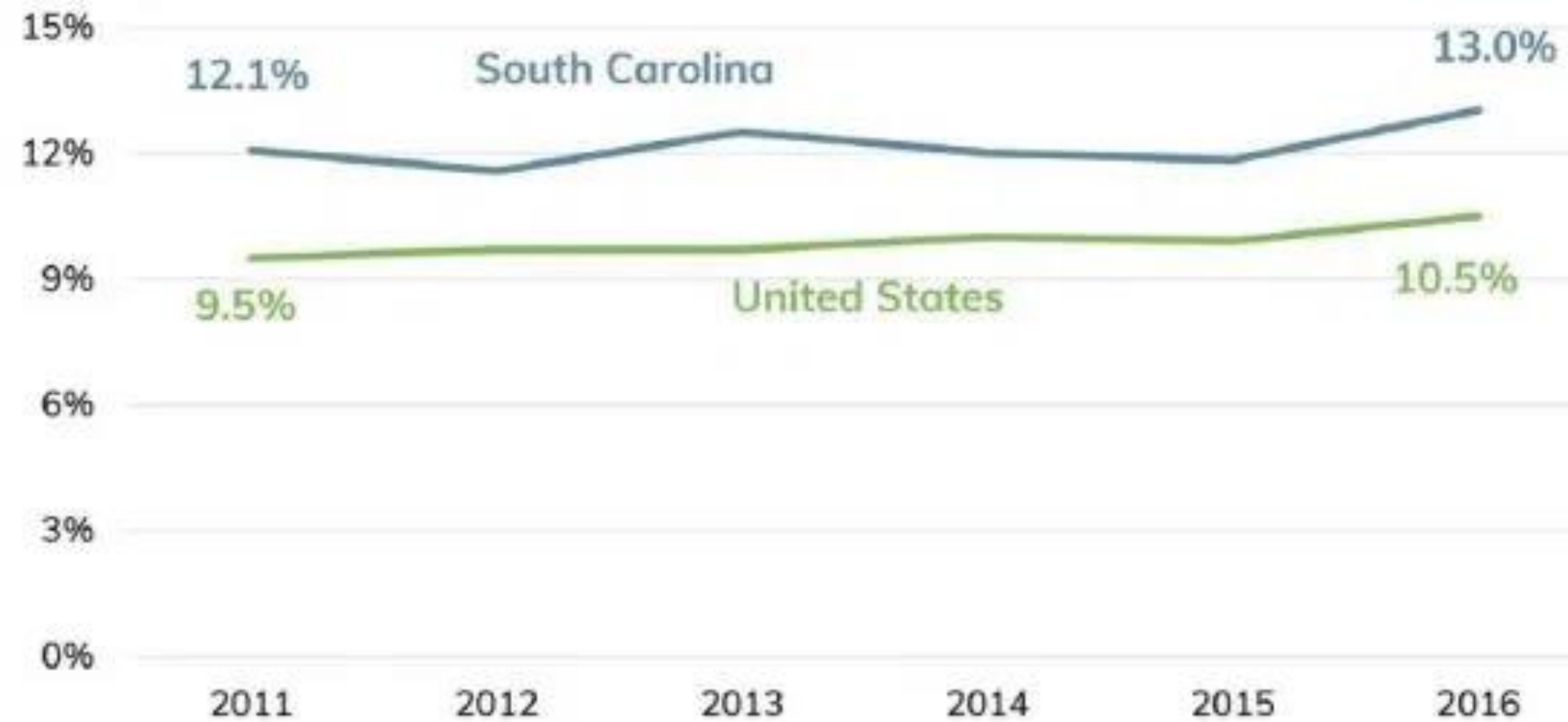
NATIONAL DIABETES PREVENTION PROGRAM

DPP

ADULTS WITH DIABETES

FIGURE 6.4
Adults with Diabetes

Percent



Sources: SC DHEC BRFSS, CDC BRFSS.
Note: Adults 18+.

LET'S TAKE THE TEST.....



Take the Prediabetes Risk Test here....

www.DoIHavePrediabetes.org

RISK FACTORS

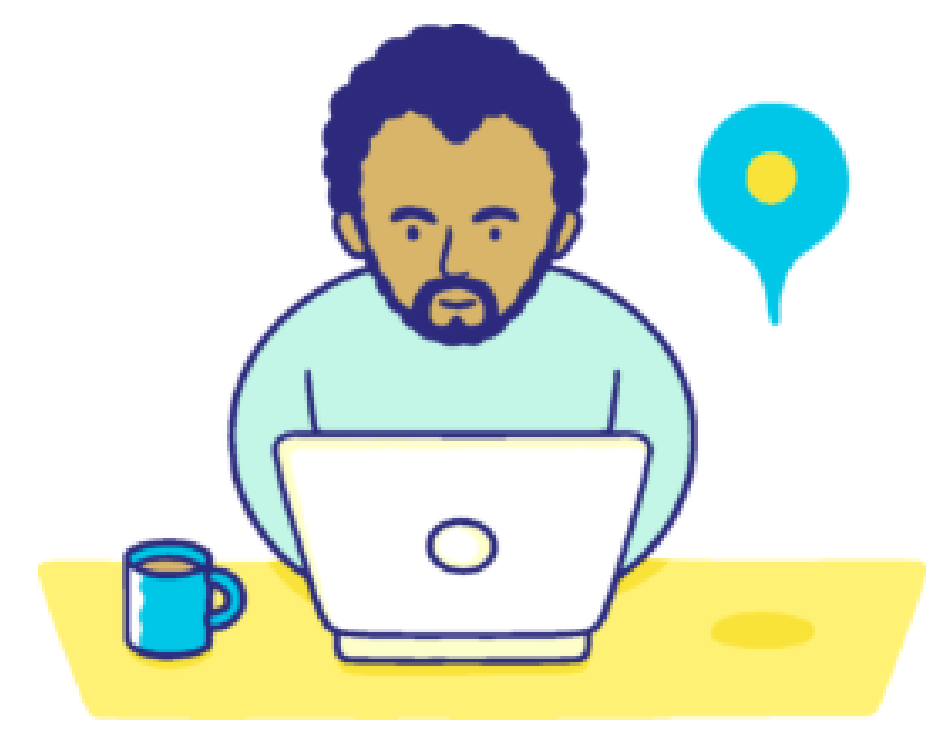
<p>NON MODIFIABLE</p>	<p>AGE RACE/ETHNICITY GENDER FAMILY HISTORY HISTORY OF GDM</p>
<p>MODIFIABLE</p>	<p>OVERWEIGHT/OBESE PHYSICALLY INACTIVITY HYPERTENSION SMOKING</p>

1 IN 3 AMERICAN ADULTS HAS PREDIABETES. DO YOU?

TAKE THE RISK TEST

WAIT, SO WHAT IS PREDIABETES?

Prediabetes means a person's blood glucose (sugar) level is higher than normal, but not high enough yet for a diagnosis of type 2 diabetes. If left untreated, prediabetes can progress into type 2 diabetes. And if 1 in 3 American adults has prediabetes, that means it could be you, your favorite sibling, or your other sibling. Or you, your barber, your barber's barber. Or you—well, you get the picture. It's time to take the risk test to know where you stand.



NEED TO REVERSE PREDIABETES? FIND A PROGRAM.

With early diagnosis, prediabetes can often be reversed. By joining the National Diabetes Prevention Program (National DPP), you'll learn how to make small changes, like altering your diet and exercising more, which can help reverse prediabetes and prevent type 2 diabetes. Find an online or in-person program below.

Zip Code	Distance	
<input type="text" value="00000"/>	<input type="text" value="50 MILES"/> ▼	<input type="button" value="SUBMIT"/> ↗

www.DoIHavePrediabetes.org



The logo for the National Diabetes Prevention Program features three diamond-shaped icons on the left: a yellow apple, a blue figure of a person walking, and an orange heart. To the right, the word "NATIONAL" is in blue, "Diabetes" is in a large green script font, "PREVENTION" is in a large orange sans-serif font, and "PROGRAM" is in a smaller blue sans-serif font.

NATIONAL
Diabetes
PREVENTION
PROGRAM



WHAT DOES DPP LOOK LIKE?



Cynthia's Story

WHAT DOES DPP LOOK LIKE?

Goals of DPP:

By the **end of the first six months:**

Lose at least 5-7% of your starting weight

Get at least 150 minutes of PA each week

By the **end of the 2nd six months:**

Keep off the weight you have lost

Keep working toward your goal weight, if you have not reached it

Lose more weight if you wish

Keep getting at least 150 minutes of physical activity each week

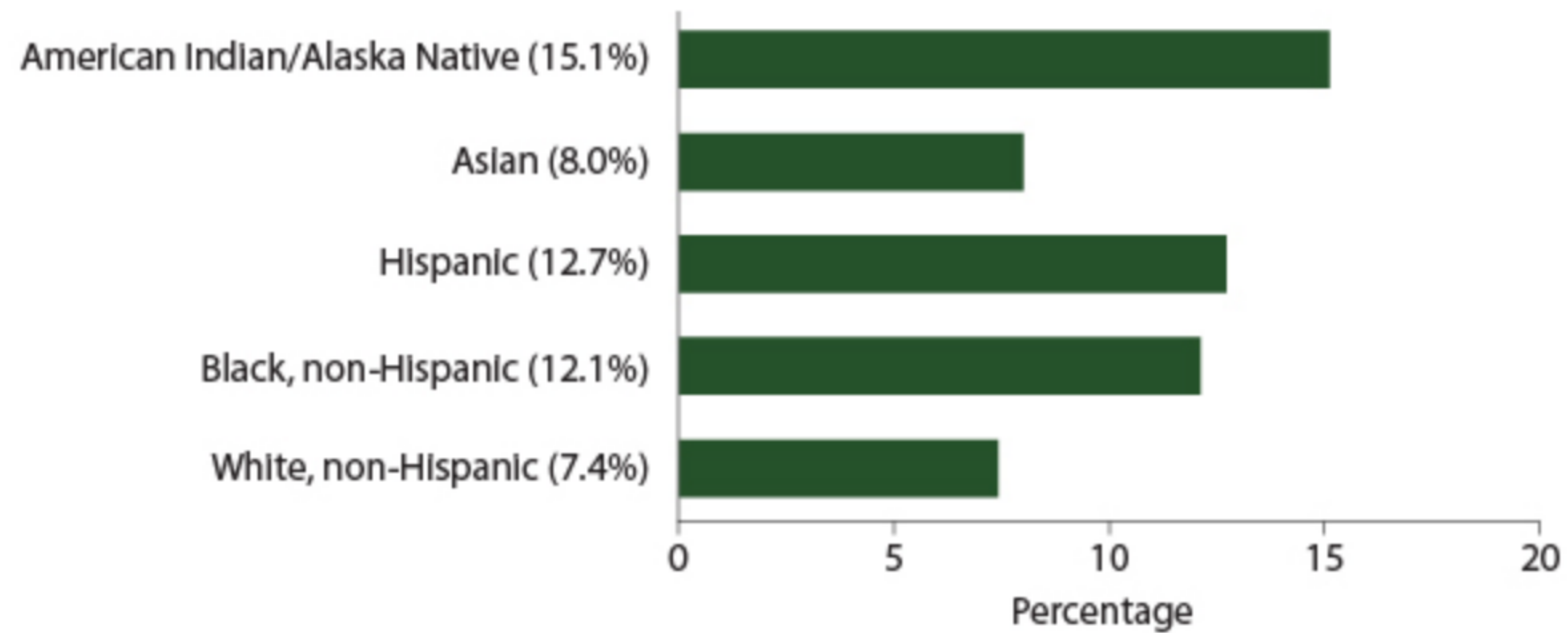
WHO IS ELIGIBLE FOR DPP?

- To be eligible for referral to a CDC-recognized lifestyle change program patients must:
 - Be at least 18 years old and not be pregnant
 - Be overweight (Body Mass Index ≥ 25 ; ≥ 23 if Asian) and
 - Have no previous diagnosis of diabetes and
 - Have a blood test result in the prediabetes range:
 - Hemoglobin A1C: 5.7–6.4% or
 - Fasting plasma glucose: 100–125 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dLOR
 - Have a previous diagnosis of gestational diabetes OR
 - Receive a “high-risk” screening result on the [Prediabetes Risk Test](#)

HEALTH DISPARITIES

Percentage of US Adults Aged 18 or Older with Diagnosed Diabetes, by Racial and Ethnic Group, 2013-2015

2017 Diabetes Report Card





- Increase access and enrollment in DPP
- Increase coverage public, private and employer payers
- Increase screening, testing and referrals into DPP
- Increase awareness of diabetes and prediabetes



Sweet Talks



Sweet Talk!
A Discussion About the Impact of Diabetes in Your
Community

WORKING TOGETHER

REDUCING THE IMPACT OF DIABETES

It brings together:



Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF



to achieve a greater impact on reducing type 2 diabetes



Life free of diabetes and all its burdens



For more info visit:

www.cdc.gov/preventT2

Or

Call ACCESS Health Tri-County

(843)-743-2777

References

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<https://www.cdc.gov/chronicdisease/pdf/factsheets/diabetes-H.pdf>

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Population Health Management Vol 15, No 4. 9 August, 2012

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<https://care.diabetesjournals.org/content/41/5/917.figures-only>

The Effectiveness of Diabetes Prevention Programs in Community Settings

<https://nyshealthfoundation.org/wp-content/uploads/2017/11/report-diabetes-prevention-in-community-settings.pdf>

The National Diabetes Prevention Program, Changing Lifestyles to Prevent Type 2 Diabetes

U.S. Department of Health and Human Services, Centers for Disease Control and Prevention: CDC

Public Health Grand Rounds

November 13, 2018

<https://www.cdc.gov/grand-rounds/pp/2018/20181113-presentation-diabetes-prevention-H.pdf>

A National Effort to Prevent Type 2 Diabetes of CDC's National Diabetes Prevention Program,

Diabetes Care 2017;40;1331-1341

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Preventing Type 2 Diabetes in Communities Across the U.S.; the National Diabetes Prevention Program.

Ann L. Abright PhD, RD, Edward W, Greg PhD

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<https://www.sciencedirect.com/science/article/abs/pii/S0749379713000160>

Prevent T2 Participant Guide: Introduction to the Program

https://www.cdc.gov/diabetes/prevention/pdf/t2/Participant-Module-1_Introduction_to_the_Program.pdf

Reduction in the Incidence of Type 2 Diabetes with Lifestyle Intervention or Metformin

The New England Journal of Medicine, volume 346, Number 6, February 7, 2002.

Pre diabetes Risk Test:

<https://www.cdc.gov/diabetes/takethetest/>