

# Montana Diabetes Prevention Program



## PROGRAM DESCRIPTION

The Montana Diabetes Prevention Program (DPP) is an evidence-based program that began in 2008, with the goal to prevent or delay the development of type 2 diabetes and cardiovascular disease among at risk Montanans.

## PROGRAM BENEFITS

- Empowerment through education and application
- Movement toward a healthier self one step at a time
- Sustainability through behavior change
- Increased physical activity
  - Average physical activity of 193 minutes per week per person
  - 64% of participants achieved the physical activity goal of at least 150 minutes per week
- Weight loss
  - Average weight loss of 12 pounds per person
  - 50% of participants achieved at least 5% weight loss
  - 34% of participants achieved the 7% weight loss goal

## WHAT IS PROVIDED TO PARTICIPANTS

- 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focusing on
  - behavior change
  - healthy eating strategies
  - ways to become more physically active
  - goal of 150 minutes of physical activity per week
  - goal of 7% weight loss
- Facilitated by trained lifestyle coaches that encourage, coach and motivate participants to adopt sustainable lifestyle changes

## RESOURCES

Visit these websites for more information:

<https://dphhs.mt.gov/publichealth/Diabetes>

## WHY MAKE A REFERRAL?

- It is estimated that 35% of adults are at high risk for developing type 2 diabetes<sup>1,2</sup>
- Type 2 diabetes can be prevented or delayed by lifestyle changes
- The Diabetes Prevention Program intensive lifestyle intervention has been shown to reduce the incidence of type 2 diabetes by 58%, and this risk reduction is sustained over time<sup>3</sup>

### Sources

1. 2005–2008 National Health and Nutrition Examination Survey (NHANES), National Center for Health Statistics, Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/nchs/nhanes.htm>.
2. U.S. Census Bureau, resident population estimates for 10/1/2010. Available at <http://www.census.gov>
3. Diabetes Prevention Program, Montana Department of Public Health & Human Services, 2008–2014.

## CONTACT

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