



National Diabetes Prevention Program

BURDEN FACTS

- It is estimated that 35% of adults are at high risk for developing type 2 diabetes.^{1,2}
- Type 2 diabetes can be prevented or delayed by lifestyle changes.⁴
- The National 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.⁴

PROGRAM ELIGIBILITY

Adults aged 18 years or older with BMI 25 or greater (23 or greater if Asian). Plus, one or more of the following risk factors for cardiovascular disease and type 2 diabetes:

- Fasting glucose 100 – 125 mg/dL
- A1C 5.7% - 6.4%
- BP 130/80 or higher or treatment
- Triglycerides greater than 150 mg/dL
- LDL cholesterol greater than 130 mg/dL or treatment
- HDL cholesterol less than 40 mg/dL for men, less than 50 mg/dL for women
- History of gestational diabetes
- Score 5 or higher on Prediabetes Risk Test

CONTACT

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PROGRAM DESCRIPTION

The National 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 activity³
 - Average physical activity of 204 minutes per week per person
 - 63% of participants achieved the physical activity goal of at least 150 minutes per week
- Weight loss³
 - Average weight loss of 15 pounds per person
 - 60% of participants achieved at least 5% weight loss at 12 months
 - 46% of participants achieved the 7% weight loss goal at 12 months

PROGRAM DESCRIPTION

- 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 this website for more information:

<http://dphhs.mt.gov/publichealth/diabetes>

Take the Prediabetes Risk Test to find out your risk for developing type 2 diabetes:

<https://doihaveprediabetes.org/take-the-risk-test/>

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. CDC National Diabetes statistics report 2017.
3. National Diabetes Prevention Program, Montana Department of Public Health & Human Services, 2008-2018 based on attendance of at least 9 sessions in months 1-6, and at least 3 sessions in months 7-12.
4. N Engl J Med 2002;346:393-403doi:10.1016/S0140-6736(09)61457-4.