

National Diabetes Prevention Program

Talking Points

- According to the CDC, about 35% of adults have prediabetes—many do not know it. In Michigan, that is about 2.6 million adults.
- Good news--the National Diabetes Prevention Program (NDPP) is an evidence-based lifestyle change program for preventing type 2 diabetes and is now being offered in communities in Michigan.
- Prediabetes means a person has a blood glucose (blood sugar) level higher than normal but not high enough to be diabetes. Prediabetes can be diagnosed using fasting blood glucose test (FBG), oral glucose tolerance test (OGTT) or hemoglobin A1c (A1C). Prediabetes ranges are: FBG = 100 -125mg/dL; OGTT = 140-200mg/dL; or A1C = 5.7-6.4%.
- Those with prediabetes have a higher risk of developing diabetes within 5 years. Prediabetes is a risk factor for type 2 diabetes, heart disease and stroke.
- Studies have shown that people with prediabetes who lose a modest amount of weight (5 – 7%) and are physically active at least 150 minutes a week can prevent or delay the onset of type 2 diabetes.
- Evidence has shown modest lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people with prediabetes.
- The goal of the NDPP is to help participants make lifestyle changes in losing weight, reducing fat in the diet, and to be physically active most days of the week. The NDPP is led by trained lifestyle coaches, who motivate and encourage, and build on group dynamics to reach successful targeted outcomes for the participants.
- Participants work with a lifestyle coach in a group setting to receive a 1-year lifestyle change program that includes 16 core sessions (usually 1 per week) and 6 post-core sessions (1 per month). Evidence has shown the more participants track (log) their weight, what they have eaten, and their physical activity, the more successful they will be at reaching their long-term goals.
- Find a NDPP Recognized organization delivering the diabetes prevention program in Michigan: dpacmi.org/national-diabetes-prevention-program-in-michigan.aspx.