


# Diabetes Prevention Program Experience

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1

## Scope

- 90% of people with prediabetes do not know they have it
- 84 million American adults — or 1 in 3 — have prediabetes
- 48% of Americans aged 65 years and older have prediabetes



2

## History of the DPP

- 2.8 years of study “Does a lifestyle intervention or treatment with metformin ... prevent or delay the onset of diabetes?”
- National Institutes of Health research has proven that programs like the Diabetes Prevention Program can:
  - reduce the number of cases of type 2 diabetes by almost 58%
  - reduce the number of cases of type 2 diabetes by 71% in adults over the age of 60

3

## Who Are We?

- DPP Program of WCU - Grant
- Partnership ShopRite
- Your Facilitators (Coaches)
- Nutrition and Physical Activity Experts

4

## Basic Details

Format: In Person

Length: 12 months


Meets -16 weeks of weekly group -1 hour  
Bi-Monthly group sessions for the remaining  
36 weeks

Goals for 1st 16 weeks - 7% weight loss - 150  
minutes physical activity per week

5

## Requirements

- Have prediabetes
  - Diagnosed by a healthcare provider
  - Diabetes Risk Test - [Prediabetes Risk Test](#)
- Cannot have Diabetes already
- Have access to internet connection on a mobile device or computer

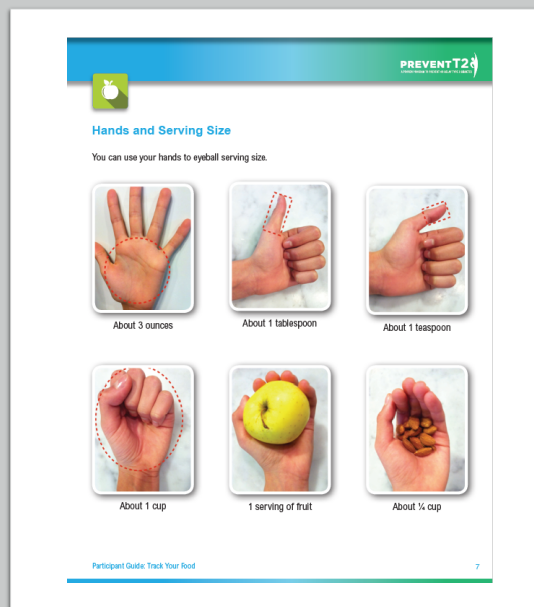


COULD YOU HAVE PREDIABETES?  
TAKE THE RISK TEST

6

## Topics Covered

- How to read labels
- Healthy Lifestyle
- Coping with friends, family, coworkers, and food
- Eating out + social outings
- Managing stress
- Motivation
- Mindful eating
- Physical activity
- Member topics of interest



7

What the program  
is... and isn't!

### IS:

- A lifestyle change program
- A program focused on food, physical activity, sleep, stress reduction and more
- Something that takes commitment
- All or nothing mindset
- Group support

### ISN'T:


- Lose weight quick scheme
- A diet
- Something you can 'give up' during the holidays
- All by yourself

8


# What's Expected of the Participants...

- Attend all meetings
- Keep track of your activity and food/drink intake
- Submit weekly weights, physical activity minutes, and food log
- Read emails and articles sent
- Reach out to your coach when you have questions or need help

9



## Working Together to Prevent Type 2 Diabetes



### Strengths

- Cohort group structure
- Support group
- One to one meetings

10

## Virtual: Keeping the Experience Going

- Activities:
  - COVID Friendly Store Tours
  - Breakout rooms
  - Digital –Blue tooth scales
  - Facebook –support group
  - Newsletter
  - Contest-Bingo, Cookoff
- Successes
  - Minimal attrition
  - Meeting PA and Wt loss goals
- Research
  - CDC data collection
  - Purchase habits before and after
  - Virtual vs In-person –qualitative



11



Any questions?

12