

YOU HAVE THE POWER.  
**WE HAVE THE TOOLS.**



Take a stand against type 2 diabetes.

Clinicians across North Carolina are referring patients with prediabetes to a CDC-recognized National Diabetes Prevention Program (National DPP) lifestyle change program to help them make sustainable, healthy lifestyle changes to reduce their diabetes risk.<sup>1</sup>

**Are you ready to join the movement?**

# WHAT'S THE NATIONAL DPP LIFESTYLE CHANGE PROGRAM?

Developed after extensive scientific research, the National DPP lifestyle change program helps to prevent or delay type 2 diabetes. A trained lifestyle coach facilitates classes to help patients make lasting changes.



## Physical activity

150 minutes/week



## Healthy eating



## Stress management + behavior modification



**Body weight loss: 5% in 6 months**

**Plus 6 months of maintenance**

(10 lbs. for a person that weighs 200 lbs.)

## The results

**Behavioral intervention was nearly 2X as effective as metformin.**

A landmark DPP study in the *New England Journal of Medicine* showed that a lifestyle change program reduced the incidence of developing type 2 diabetes compared to placebo.\*

DPP

**58%**  
reduced incidence

### DPP

Intensive lifestyle change program (71% reduction for patients over age 60)

METFORMIN

**31%**  
reduced incidence

### METFORMIN

Glucose lowering drug (currently, there is no FDA approval for metformin for the indication of diabetes prevention)

\*At average follow-up of three years. Source: Diabetes Prevention Program Research Group. "Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin." *New England Journal of Medicine*, 346.6 (2002): 393-403.

# Program format

## Virtual programs

- Have free or low-cost programs available, regardless of insurance coverage
- Empower patients to make lifestyle changes
- May provide feedback on patient enrollment and program status
- Tackle challenges and celebrate wins together
- Feature live, interactive classes with a trained coach
- Offer lunchtime and evening sessions
- Include one-on-one coach support
- Allow patients to participate in classes from their own home



## THE CURRICULUM

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### First 6 Months

#### *Weekly curriculum*

- Find Time for Fitness
- Eat Well to Prevent Type 2
- Burn More Calories Than You Take In
- Shop and Cook to Prevent Type 2
- Manage Stress
- Keep Your Heart Healthy
- Take Charge of Your Thoughts
- Stay Motivated to Prevent Type 2

### Next 6 Months

#### *Meet once or twice a month for maintenance*

- When Weight Loss Stalls
- Take a Fitness Break
- Stay Active to Prevent Type 2
- Stay Active Away from Home
- Have Healthy Food You Enjoy
- Get Enough Sleep
- Get Back on Track
- Prevent Type 2—for Life!

# STEPS TO GET STARTED

## **STEP #1:**

### IDENTIFY PATIENTS WITH PREDIABETES

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## **STEP #2:**

### DISCUSS TREATMENT OPTIONS

Talk with your patient to determine if a National DPP lifestyle change program is right for them. Other treatment options may include medication or medical nutrition therapy.

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## **STEP #3:**

### REFER ELIGIBLE PATIENTS TO A NATIONAL DPP LIFESTYLE CHANGE PROGRAM

To be eligible for referral to a CDC-recognized National DPP lifestyle change program, patients must:<sup>2</sup>

- Be at least 18 years old and
- Be overweight (Body Mass Index  $\geq 25$ ;  $\geq 23$  if Asian) and
- Not be pregnant and
- Have no previous diagnosis of type 1 or type 2 diabetes and
- Have a blood test result in the prediabetes range within the past year:
  - 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/dL or
- Have a previous clinical diagnosis of gestational diabetes or
- Take the Prediabetes Risk Test and receive a screening result of high risk for type 2 diabetes

You can choose from convenient referral options. Learn more at [ReversePrediabetesNC.org](http://ReversePrediabetesNC.org).

<sup>1</sup>This document is not intended as a substitute for the medical advice of a physician; it offers no diagnoses or prescription. No endorsement is implied or intended by the American Medical Association or the North Carolina Medical Association of any third-party organization, product, drug, or service. Adherence to a lifestyle change program may not achieve desired diabetes results in every situation. Furthermore, this information should not be interpreted as setting a standard of care, or be deemed inclusive of all proper methods of care, nor exclusive of other methods of care reasonably directed to obtaining the same results. The ultimate judgment regarding the appropriateness of any specific therapy must be made by the physician and the patient in light of all the clinical factors, including labs, presented by the individual patient. This protocol reflects the best available evidence at the time that it was prepared. The results of future studies may require revisions to the recommendations in this protocol to reflect new evidence, and it is the clinician's responsibility to be aware of such changes.

<sup>2</sup>"Program Eligibility, National Diabetes Prevention Program." Centers for Disease Control and Prevention. Updated March 5, 2019. <https://www.cdc.gov/diabetes/prevention/program-eligibility.html>