

Diabetes Prevention Program

There are over 800,000 people living with diabetes in Georgia, of those 800,000 approximately 450,000 Georgian's have prediabetes. Prediabetes is a condition that if not controlled can lead to Type 2 Diabetes. Studies have shown that Type 2 Diabetes can be prevented or delayed by adopting a few lifestyle changes. The Diabetes Prevention Program (DPP) has been proven to lower the risk of developing Type 2 Diabetes by 58 percent.

The DPP is a CDC-led diabetes program that brings evidence-based Lifestyle Change Programs to local communities. The program year long and educates the individual about diabetes and the ways to make lifestyle changes to prevent diabetes. The program helps participants make real lifestyle changes through education on healthy eating choices, increasing physical activity, coping skills, stress management, and problem solving.

The DPP sessions are weekly for the first 6 months, followed by monthly sessions the remaining 6 months. Throughout the program, the participants follow a curriculum led by a trained "lifestyle coach" which follows the program standards. The DPP is broken down into two sections: the 6 month weekly sessions and the 6 month monthly sessions. During the weekly sessions the participants will cover all of the topics in the left column of the following table. Each session will have one specific topic to discuss. After the first section of weekly sessions the participant will begin the monthly sessions. These sessions are meant to reintroduce topics to the participant for further understanding. The monthly sessions may be combined to be sure and cover all of the listed topics. The delivery of DPP may be in person or via any sort of distance learning. All sessions must include recording of the participant's body weight. Goals should focus on moderate changes in both diet and physical activity to achieve modest weight loss over the first six months in the range of 5% to 10% of baseline body weight. Strategies used to achieve these goals must include a focus on self-monitoring of diet and physical activity, building of self-efficacy and social support for maintaining lifestyle changes, and problem-solving strategies for overcoming common challenges to sustaining weight loss.

DPP Standards and Curriculum	
Topics Covered in the First 16 Sessions	Topics Covered in the Last 6 Sessions (<i>sessions may be combined</i>)
<ol style="list-style-type: none"> 1. Welcome to the National Diabetes Prevention Program 2. Self-Monitoring Weight and Food Intake 3. Eating Less 4. Healthy Eating 5. Introduction to Physical Activity (Move Those Muscles) 6. Overcoming Barriers to Physical Activity (being Active- A Way of Life) 7. Balancing Calorie Intake and Output 8. Environmental Cues to Eating and Physical Activity 9. Problem Solving 10. Strategies for Healthy Eating Out 11. Reversing Negative Thoughts 12. Dealing with Slips in Lifestyle Change 13. Mixing Up Your Physical Activity: Aerobic Fitness 14. Social Cues 15. Managing stress 16. Staying Motivated, program Wrap Up 	<ol style="list-style-type: none"> 1. Welcome to the Second Phase of the Program 2. Healthy Eating: Taking It One Meal at a Time 3. Making Active Choices 4. Balancing Your Thoughts for Long-Term Maintenance 5. Healthy Eating with Variety and Balance 6. Handling Holidays, Vacations, and Special Events 7. More Volume, Fewer Calories (Adding Water, Vegetables, and Fiber) 8. Dietary Fats 9. Stress and Time Management 10. Healthy Cooking: Tips for Food Preparation and Recipe Modification 11. Physical Activity Barriers 12. Preventing Relapse 13. Heart Health 14. Life With Type 2 Diabetes 15. Looking Back and Looking Forward

