National Diabetes Prevention Program
Lifestyle Change Program
NDPP

- CDC-recognized lifestyle change programs are based on years of research showing that a year-long, structured lifestyle change intervention reduced the incidence of diabetes by 58% among adults with prediabetes and by 71% among those aged 60 years or older.
- Even after 10 years, people who completed a diabetes prevention lifestyle change program had a 34% lower rate of type 2 diabetes.
Quality

• CDC only recognizes lifestyle change programs that meet evidence-based standards and show they can achieve results. These standards include:
  • Following a CDC-approved curriculum
  • Facilitation by a trained lifestyle coach
  • Submitting data each year to show that the program is having an impact
Goals

• 7% reduction in weight
• 150 minutes per week of physical activity

By the end of the year long program!
Eligibility

• 18 years of age or older and have a body mass index $\geq 24$ kg/m$^2$ or $\geq 22$ kg/m$^2$, if Asian

AND

• Fasting plasma glucose of 100 to 125 mg/dl OR plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl OR A1c of 5.7 to 6.4 OR clinically diagnosed gestational diabetes mellitus during a previous pregnancy (may be self-reported)

OR

• Positive screening based on the Prediabetes Screening Test
Program

• 1 year program
• 16 weekly classes (core)
• 8 monthly classes (post-core)
Requirements

• Weekly weigh-in
• Weekly tracker
  • Food
  • Physical activity
National Diabetes Education Program
Class

- Weigh-in and collect trackers
- Check-in and review
- Lesson with practical application
- Review lesson with sharing
- Homework
Core Lessons

• Core Sessions 1 – 7
  • Monitoring food intake
  • Less fat and calories
  • Eat healthfully
  • Being physically active
  • Balance eating and physical activity
Session 4: Healthy Eating

Ways to Eat Healthy

Eating less fat and fewer calories is an important part of losing weight. But that is only one important part of healthy eating. Another part of healthy eating is changing the way we eat and what we eat. Here are a few tips to help.

☐ Set up a regular pattern of eating.
  ✓ Spread your calories out through the day. Doing so helps keep you from getting too hungry and losing control. Eat 3 meals each day and 1 or 2 healthy snacks.
  ✓ Do not skip meals.
  ✓ Try to eat at the same time each day. Regular meals will also keep you from getting too hungry and losing control.

☐ Eat slowly.
  Try pausing between bites. Put down your fork and take a break between bites. Drink water with meals and enjoy the taste of your food. Eating slowly will help you —
  ✓ Digest your food better.
  ✓ Be more aware of what you are eating.
  ✓ Be more aware of when you are full.

☐ Don’t worry about cleaning your plate.
  ✓ Serve yourself smaller portions to begin with.
  ✓ The greatest waste of food is eating more than you want or need.

☐ Change your eating environment.
  ✓ Eat with others.
  ✓ Do not eat while watching television or doing anything else that can take your attention away from your meal.
  ✓ Use tools like MyPlate to help you choose healthier foods in amounts that you need.
Core Lessons

• Core Sessions 8 – 10
  • Changing surroundings
  • Problem solving
  • Healthy eating on the go
Session 9: Problem Solving

We All Have Problems

Sometimes we run into problems when we try to change our eating habits. However, by taking the right steps, we can solve those problems.

When working on changing our lifestyle to healthy eating and physical activity, our problems can be as small as a schedule change or as big as an injury. No matter what the problem is, we can take steps to keep it from getting in the way of progress toward our goals.

The Five Steps

Five steps to problem solving:

1. Describe the problem.
2. List all your options.
3. Pick what seems to be the best option, and try it.
4. Make a plan for putting the option into effect.
5. Follow the plan.

Quick Fact

What is the difference between type 1 and type 2 diabetes?

Type 1 diabetes is usually diagnosed during childhood or young adulthood. It was once called “juvenile diabetes.”

With type 1 diabetes, the body stops making insulin. As we know from Session 1, insulin is a hormone that changes the sugar (or glucose) in the food we eat into the energy we need to live.

Type 2 diabetes used to be called “adult-onset diabetes” because until recently few children had this form of the disease.

With type 2 diabetes, the body either does not use insulin effectively and eventually does not make enough insulin.
Core Lessons

• Core Sessions 11 – 16
  • Overcoming challenges
  • Managing stress
  • Staying motivated
Session 14: Make Social Cues Work for You

To-Do Next Week

During the next week I will —

☐ Keep track of my weight, eating, and physical activity.
☐ Follow my action plans for making social cues work for me.
☐ Answer these questions:

Did my action plan work?
______________________________________________________________
______________________________________________________________

If not, what went wrong?
______________________________________________________________
______________________________________________________________

What could I do differently next time?
______________________________________________________________
______________________________________________________________

National Diabetes Prevention Program
Post-Core Lessons

• Post-Core Sessions
  • Healthy eating and nutrition
  • Physical activity
  • Stress and relapse
Post-Program Engagement

• Continue to meet with “friends”
  • Weekly walking groups
  • Monthly dinners

• Continue to communicate through electronic media

• Class reunion
NDPP – From the Field

• Bryan Diabetes Center
  • Kathy Helmink
  • Lifestyle Coach, RN, CDE
NDPP – Initial Phase

- Community classes - June 2015
- Corporate/Worksite Programs - Jan. 2016
NDPP – Outcome Data Core Phase

**June 2015**

Sessions 1-16 weeks over the first 6 months:

- Average weight loss among class participants was 15 pounds
- 20% of participants have achieved the stated goal of 7% weight loss (another 60% are within 2-4 pounds)
- 60% of all participants reported activity minutes greater than 150 (targeted goal)

*Data collected is limited to a small sample size of participants from these initial classes*
NDPP – Outcome Data Core Phase

August 2015
Sessions 1-16 weeks over the first 6 months

- Average weight loss among participants was 15 pounds
- 40% of participants have achieved the stated goal of 7% weight loss (another 40% are within 2-3 pounds)
- 60% of all participants reported activity minutes greater than 150 (targeted goal)
NDPP – Post Core Survey Results
(After first six months)

- 100% of respondents reported they chose HIGH Fat items on a daily basis prior to the program
- 100% of respondents were not aware of RDA of fat grams to consume
- Respondents reported that they have reduced the number of times they eat fast food
- All respondents feel that they receive support and accountability from fellow class members and coaches
- 100% of respondents feel that overall health has improved by participating in the program

*Approximately 75% of all participants responded to this survey*
NDPP – June Class Comments

• “I feel more positive about my health and future.”
• “The instructors are super. I’ve learned a lot and get motivated with every session.”
• I’ve learned how to manage stress better.”
• I feel that even though I haven’t lost what I need to yet, I have the tools to work towards my goals.
“My husband and I joined the NDPP Program last June 2015. We enjoyed the weekly classes and started seeing good results of weight loss from our healthier lifestyle. When he died unexpectedly from a car accident last September, I was surprised by another benefit of the program. The support and compassion given me by not only the facilitators but also the other class members. Several from the class even attended the funeral. I am continuing the monthly classes with a strong sense of community and support of a caring group who are no longer strangers. Thank you, Thank you!! “
NDPP – August Class Comments

• “I love the class and the coaches.”
• “I feel more confident in my choices of food.”
• “This program has completely changed my life. I am very grateful for the coaches and appreciate everything they have shown us.”
• “Having accountability has been very helpful.”
• “I feel the food diaries have made the difference for me.”
• “My A1C blood test has decreased and my doctor has taken me off of my medication.”
NDPP – August Class Comments

• “Being in a class like this is motivating!”
• “I believe counting fat grams has been most helpful. It helped me lose weight and lower my glucose.”
• “The class has been a good support for me and instruction has been the best.”
• I have lost 10 pounds and have been able to keep it off. I feel more positive about my health and future.
• The instructors are super! I have learned a lot of “facts” and get motivated with every session. I really wish we could continue to meet weekly to stay on track.
NDPP – January 2016

• No conclusive data available for January classes
• Additional classes will begin in April & September of 2016
Availability

- Medical Centers and Clinics
- Community Centers and Health Department
- YMCAs
- Corporate Wellness Programs
  - Onsite for low or no cost
  - Covered by insurance provider
Questions

Thank you!
Brian Cross, CWPC

Wellness Specialist
Bryan Health
Lincoln, NE
Brian.Cross@bryanhealth.org
References and Resources

• Center for Disease Control and Prevention
  • Overview and curriculum of NDPP
  • http://www.cdc.gov/diabetes/prevention/index.html

• National Diabetes Education Program
  • My Game Plan: Food and Activity Tracker

• Nebraska DHHS
  • Program availability, diabetes resources and training opportunities
  • http://dhhs.ne.gov/publichealth/Pages/diabetes_index.aspx