



How can we prevent diabetes?

The New Mexico Department of Health - Diabetes Prevention and Control Program is supporting and helping to facilitate the National DPP throughout the state. The program is free of charge to eligible participants.

The National DPP was developed by the CDC for people with prediabetes. This intensive lifestyle initiative is based on the original Diabetes Prevention Program (DPP) National Institutes of Health study that demonstrated a 5-7% weight loss achieved and maintained through regular physical activity and improved nutrition, prevented or delayed the progression of prediabetes to diabetes by 58% compared to standard lifestyle recommendations.

Weight loss through lifestyle change has proven effective in preventing diabetes.

About the program in New Mexico

Participants work with a lifestyle coach in a group setting to receive a one-year lifestyle change program that includes:

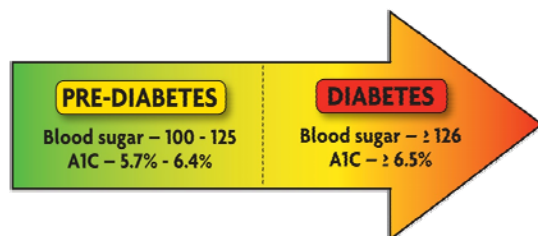
- 16 core sessions (one per week) encouraging participants to make changes in diet and exercise.
- 6 post-core sessions (one per month) designed to help patients maintain a healthy lifestyle.
- trained lifestyle coaches, many of them healthcare professionals, supporting the participants and helping motivate them to sustain healthy choices.

Program Goals

- Learn how to reduce calorie and fat intake.
- Engage in 150 minutes of moderate physical activity each week.

Participant Criteria

- 18 years and older
- BMI ≥ 24 kg/m² (≥ 22 kg/m² if Asian)
- Readiness to change



Plus

Ideally 50% of the participants have:

- a history of gestational diabetes OR prediabetes according to one of the following blood tests:
 1. Fasting plasma glucose of 100 to 125 mg/dl
 2. Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl
 3. A1c of 5.7 to 6.4

Another option is that 50% are eligible if they screen positive for prediabetes based on the CDC prediabetes screening test. For more information, click on:

<http://www.cdc.gov/diabetes/prevention>

National DPP Process

This process assumes collaboration between partners including the DPCP, site coordinators, funders (e.g. employers, health plans, hospitals, clinics) and lifestyle coaches to ensure successful implementation of the program.

Steps	Months																	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1 Identify sites	█																	
Select and contact sites	█																	
Assess capacity	█																	
Discuss funding	█																	
2 Make business case	█																	
Meet with potential funding sources	█																	
Share state data	█																	
Gain support for implementation	█																	
3 Do marketing				█														
Conduct targeted promotion				█														
Educate providers				█														
Reach out to at-risk groups				█														
4 Train lifestyle coaches				█														
Recruit trainees and coordinate training				█														
Apply for recognition				█														
Conduct Lifestyle Coach training				█														
5 Set up sites				█														
Find location and plan schedule				█														
Promote to providers				█														
Recruit participants				█														
6 Deliver curriculum							█											
Hold classes							█											
Teleconference with sites							█											
Evaluate participant experience							█											
7 Collect data								█										
Collect data from participants								█										
Enter data								█										
Analyze data								█										
8 Evaluate programs													█					
Interview lifestyle coaches													█					
Compile results													█					
Write report													█					

Sample Budget for Year-Long National DPP

Coordinator	\$500
Lifestyle Coach #1	\$2,200
Lifestyle Coach #2	\$2,200
Manuals	\$450
Office Supplies	\$200
Advertising	\$300
Incentives	\$150
Total	\$6,000

For more information, contact the:

Diabetes Prevention and Control Program

New Mexico Department of Health

www.diabetesnm.org

1-888-523-2966