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
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

Who Are We?

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

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
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

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
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

Strengths

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

Any questions?