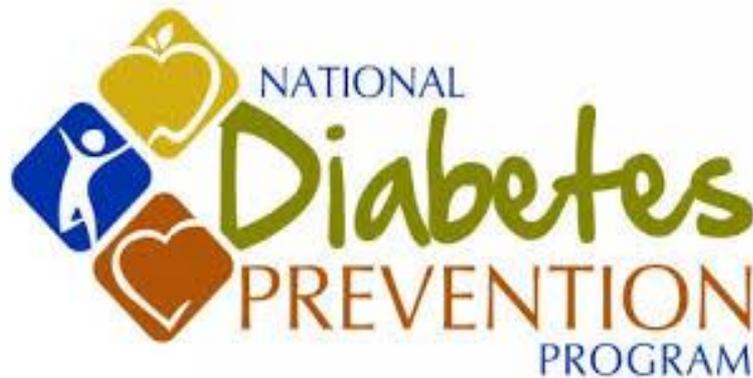


# Lifestyle Change Program

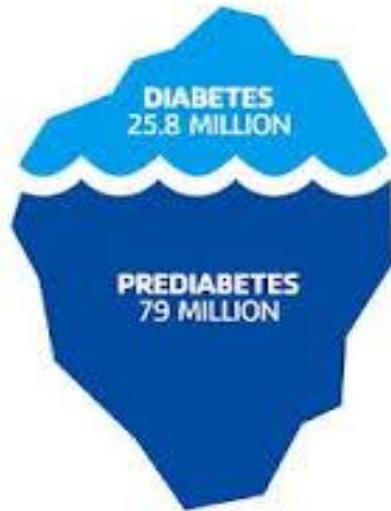
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This program is part of the National Diabetes Prevention Program led by CDC (Centers for Disease Control and Prevention)



# A Silent Precursor

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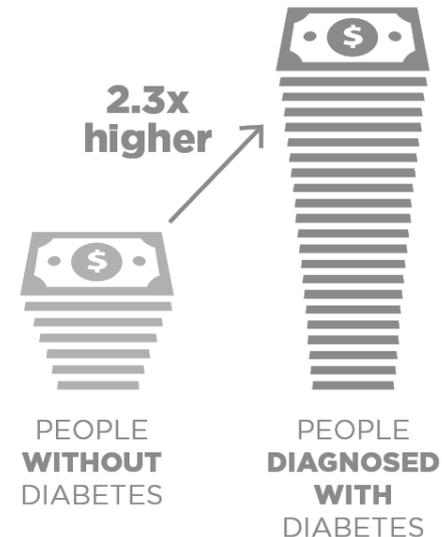


- 1 in 10 have diabetes
- By 2025, 1 in 5 could have diabetes if no change is made
- 79 million have prediabetes
- Only 11 percent of them know it
- Can lead to type 2 diabetes within 3 years if no action is taken

# Prevention is Key

- People with prediabetes:
  - 5 to 15 times more likely to develop type 2 diabetes
  - Higher risk for heart disease and stroke
- Health care expenses are 2.3 times higher for people with diabetes

Average medical expenditures



# Small Changes Have Big Impact

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- Participating in a structured lifestyle change intervention makes a difference!
- Losing 5-7 percent of body weight reduced risk of type 2 diabetes by 58 percent
- Lifestyle Change Programs can help your patients



# About the Lifestyle Change Program

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- 16 weekly group sessions
- 6 monthly follow-up sessions
- Trained lifestyle coaches
- Learn healthy lifestyle skills
- Offered in community locations
- Adherence to CDC quality standards



"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"

# How Can You Help Your Patients?

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- Talk to your patients about their risk
  - Administer CDC's prediabetes risk assessment quiz in person or over the phone
  - Encourage patients to get tested
  - Recommend a Lifestyle Change Program in their community or neighboring community, if available
  - If none available, consider becoming a certified lifestyle coach yourself or talk with an organization about starting a program!
- 

*The risk assessment quiz can be found at  
[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)*

# Risk Factors

- 45 years of age or older
- Overweight
- Exercise < 3 times per week
- Family history of type 2 diabetes
- History of gestational diabetes

# Tests

- HbA1c test (5.7 to 6.4)
- Fasting blood glucose test (100-125 mg/dL)
- 2-hour oral glucose test (140-199 mg/dL)

# Diabetes Prevention Recognition Program

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- The DPRP has three key objectives:
  - To assure the quality, consistency, and broad dissemination of the lifestyle intervention.
  - To develop and maintain a registry of organizations that are recognized for their ability to deliver an effective lifestyle program to people at high risk for type 2 diabetes.
  - To provide technical assistance to organizations that have applied for recognition to help them deliver an effective lifestyle program and achieve and maintain recognition status.

# Registry of Recognized Programs in South Dakota

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**Avera Sacred Heart Hospital**

501 Summit  
Yankton, SD 57078  
(605) 668-8000  
[www.avera.org/sacred-heart](http://www.avera.org/sacred-heart)

**Avera McKennon Hospital & University Health Center**

1315 S. Cliff Ave., Suite 1300  
Sioux Falls, SD 57105  
(605) 522-8995

**Platte Health Center**

601 East 7<sup>th</sup> St.  
Platte, SD 57369  
(605) 337-3364

**Regional Health Diabetes – Spearfish**

1440 North Main  
Spearfish, SD 57783  
(605) 644-4251

**Regional Medical Clinic Diabetes Prevention Program, Rapid City**

640 Flormann St.  
Rapid City, SD 57701  
(605) 755-3300

**Sanford Medical Center**

1305 W. 18<sup>th</sup> St.  
Sioux Falls, SD 57105  
(605) 328-6149

**Sanford Vermillion Medical Center**

20 South Plum St.  
Vermillion, SD 57069  
(605) 638-8411

**South Dakota Urban Indian Health**

1714 Abbey Rd.  
Pierre, SD 57501  
(605) 224-8841  
[www.sduih.org](http://www.sduih.org)

# A little info about our program...

- Two staff attended DTTAC training in May 2013 in Chamberlain, SD
  - Pilot group fall of 2013 – partnered with Spearfish Rec & Aquatic Center
  - Handed out flyers to providers and visited with many of them 1:1
  - First official class started in January 2014
  - Second official class started in September 2014 – \*60% have met or exceeded goal weight to date!
  - Plan to start next class in January 2015 and expand to Sturgis
- 
- Referrals
  - Provider follow up
  - Challenges
  - Positives

*The person who removes a mountain  
begins by carrying away small stones.*

- Chinese proverb

Questions?