**Hope-Education-Resources**

DESMA has partnered with the [*Centers for Disease Control to offer the National Diabetes Prevention*](http://www.cdc.gov/) *Program* to fight the overwhelming epidemic of diabetes in Louisiana.

**What Is the National DPP?**

The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

If you are a ***church leader, clinic, physician’s office or community organization***; interested in learning about how you can partner with DESMA to promote Diabetes Prevention Program; please contact: Barbara Gainwell, Program Director, at 985-466-1186.

**Goals of the National DPP**

The National DPP works to make it easier for people with prediabetes to participate in affordable, high-quality lifestyle change programs to reduce their risk of type 2 diabetes and improve their overall health.

Through the National DPP, partner organizations:

* Deliver CDC-recognized lifestyle change programs nationwide
* Ensure quality and adherence to proven standards
* Train community organizations that can run the lifestyle change program effectively
* Increase referrals to and participation in CDC-recognized lifestyle change programs
* Increase coverage by employers and public and private insurers

**Key Component: The Lifestyle Change Program**

A key part of the National DPP is the lifestyle change program to prevent or delay type 2 diabetes. Hundreds of lifestyle change programs nationwide teach participants to make lasting lifestyle changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.

To ensure high quality, CDC recognizes lifestyle change programs that meet certain [standards](https://www.cdc.gov/diabetes/prevention/requirements-recognition.htm)and show they can achieve results. These standards include following an approved curriculum, facilitation by a trained lifestyle coach, and submitting data every 6 months to show that the program is having an impact.

**DOES PREVENT-T2 WORK?**

The PreventT2 program can help people with prediabetes cut their risk of developing type 2 diabetes in half. **The Diabetes Prevention Program research study**showed that making modest behavior changes helped participants lose 5 to 7 percent of their body weight — that is 10 to 14 pounds for a person weighing 200 pounds. These lifestyle changes reduced the risk of developing type 2 diabetes by 58 percent in people with prediabetes. **Having prediabetes means it’s time for prevention.**

**WHAT IS TYPE 2 DIABETES?**

**Type 2 diabetes**is the most common form of diabetes. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have type 2 diabetes, your body can’t use its own insulin as well as it should. This causes sugar to build up in your blood. Type 2 diabetes is a serious condition. It can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

**WHAT IS PREDIABETES?**

**Prediabetes**is blood glucose (sugar) level that is higher than normal but not high enough to be diagnosed as diabetes. One in three American adults has prediabetes, and most do not even know they have it. If you have prediabetes and do not lose weight or do moderate physical activity, you can develop type 2 diabetes within 5 years.

**AM I AT RISK FOR PREDIABETES AND TYPE 2 DIABETES?**

You are at increased risk for developing prediabetes and type 2 diabetes if you:

* Are 45 years of age or older;
* Are overweight;
* Have a family history of type 2 diabetes;
* Are physically active fewer than three times per week; or
* Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds.

If you think you may be at risk, a health care provider can do a blood test to see if you have diabetes or prediabetes. If you are Prediabetic **you or your** physicians can refer you to the program; please contact our **Community Coordinator, Phyliss Cage at 985-466-1118**, for details.