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**Community & Clinical**  
**CONNECTIONS**  
**for Prevention & Health**  
**Branch** NORTH CAROLINA  
DIVISION OF PUBLIC HEALTH

# 1422 - ODHDSP

21. Is the faith community interested in hosting a diabetes prevention class series?

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- Yes
- No
- Not Sure

What is the Diabetes Prevention Program (DPP)?

- A one year lifestyle change intervention designed to help people with **prediabetes** avoid developing type 2 diabetes. The program is designed to assist participants achieve two primary goals:
  - Reduce and maintain individual weight loss by 5-7%
  - Participate in regular physical activity

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- How does DPP work?

## PHASE 1

1<sup>st</sup> - 6 Months

16 : 1 - Hour Weekly Sessions



## PHASE 2 - MAINTENANCE

2<sup>nd</sup> - 6 Months

6 : 1 - Hour Monthly Sessions

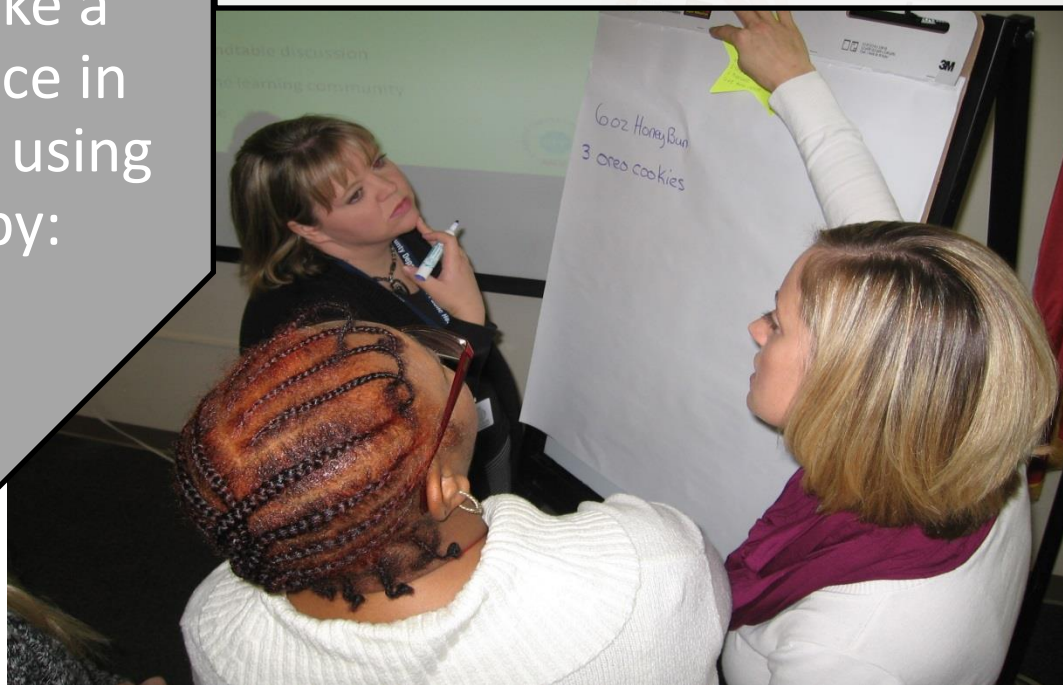
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- Why are faith communities a good place to implement DPP?
  - Engaged in creating healthier spaces
  - Trusted in the community
  - Community Partnerships
  - Captive Audience

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Faith communities  
can make a  
difference in  
diabetes using  
DPP by:

- Raising awareness of prediabetes.
- Conducting diabetes prevention activities.
- Creating a healthier church environment.



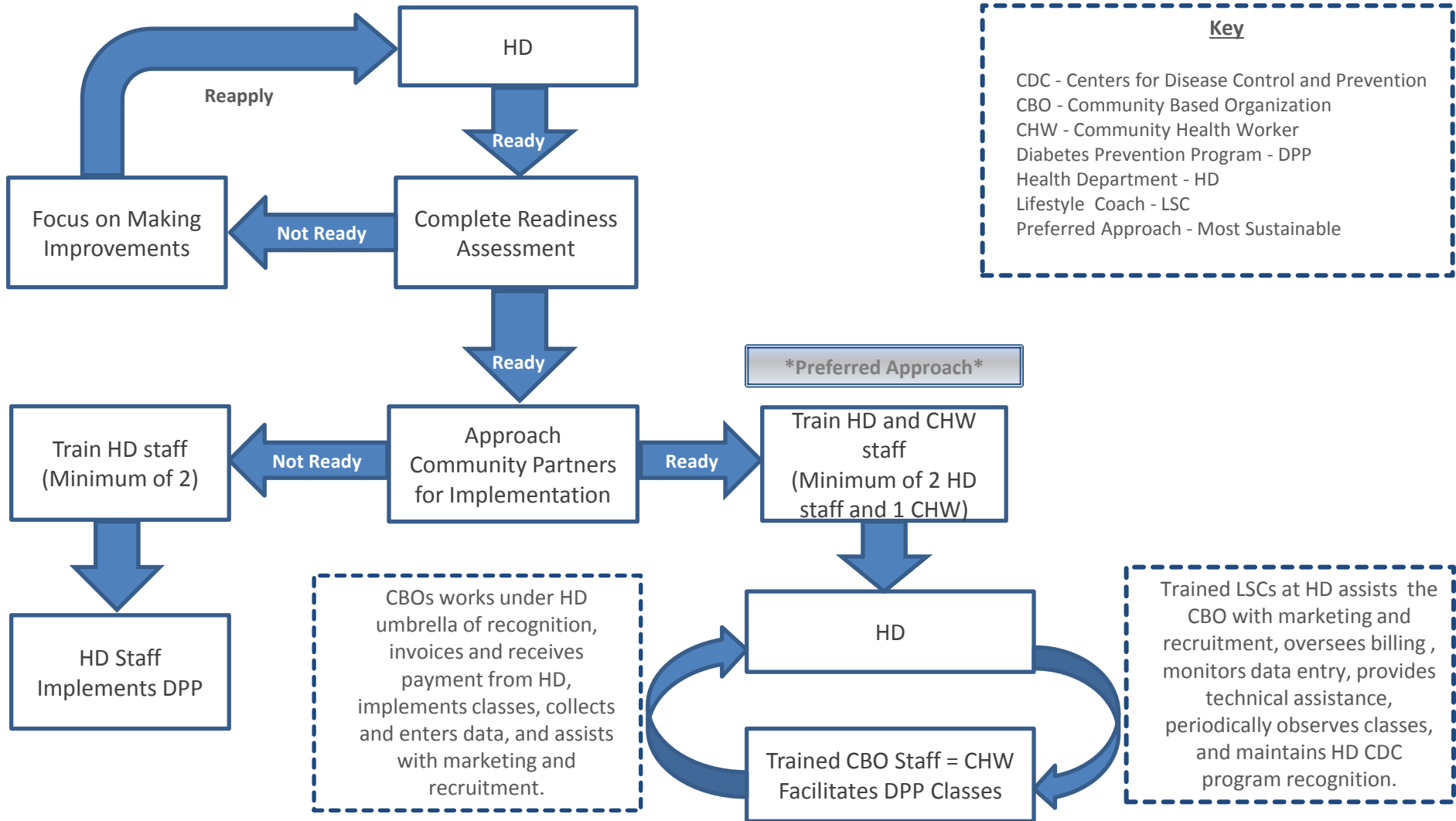
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## Who can participate in DPP?

Eligible DPP participants must:

- Be 18 years of age or older
- Have a BMI  $\geq 24$  ( $\geq 22$ , if Asian) **AND**
- A blood test (may be self-reported) **OR**
  - HbA1c level of 5.7 to 6.4 (can be self-report),
  - Fasting plasma glucose of 100 mg/dl to 125 mg/dl
  - Oral glucose tolerance test of 140 mg/dl to 199 mg/dl,
- Have a history of gestational diabetes **OR**
- Scored  $\geq 9$  on the CDC Prediabetes Screening Test

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Interested in learning more about DPP?

- Join the Lifestyle Coach Network

- Upcoming Meeting Dates:

- Thursday, October 22, 2015 from 10:00am – 11:00am
    - Thursday, November 19, 2015 from 10:00am – 11:00am
    - No Call in December – HOLIDAY
    - Thursday, January 28, 2016 from 10:00am – 11:00am
    - Thursday, February 25, 2016 from 10:00am – 11:00am
    - Thursday, March 24, 2016 from 10:00am – 11:00am
    - Thursday, April 21, 2016 from 10:00am – 11:00am



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Questions?

