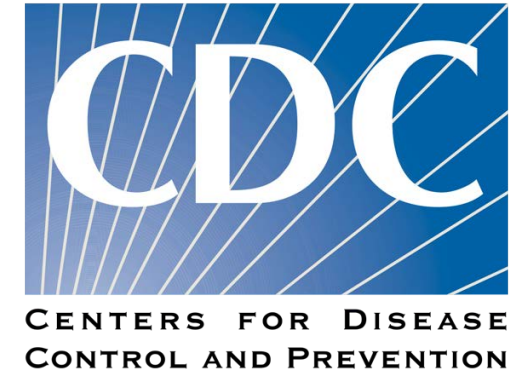


Houston Diabetes Prevention Program

**cities
changing
diabetes**



CDC Diabetes Prevention Program

The Facts

- 86 million have pre-diabetes (9 of 10 do not know it)
- 15-30% convert to type 2 within 5 years (without weight loss & activity)
- NDPP is a 12-month lifestyle change program (not a weight loss program)
 - Trained Lifestyle Change Coach
 - CDC Approved Curriculum
 - Group Support
- **5-7% bodyweight loss results 58% lower incidence of type 2**
- Type 2 diabetics cost \$10,000 (2.3x more than non-diabetics)
- DPP cost \$150-\$600

CDC Diabetes Prevention Program

Curriculum

- Eligibility
 - 50% BMI & Blood Test, 50% BMI & CDC Screening Evaluation
- Initial 6-month phase, 16 sessions over 16-26 weeks
- Second 6-month phase, 6 sessions delivered monthly
- Regular opportunities for direct, individual or group interaction
- Body weight collected at in-person sessions & data elements recorded
- Body weights objectively obtained for virtual sessions
- Providers evaluated on objective criteria, e.g. sessions attended, body weights obtained, physical activity, weight loss obtained, etc.

CDC Diabetes Prevention Program- *Curriculum*

Weeks 1-26	Weeks 27-52
Welcome to the DPP	Welcome to the Second Phase
Self-monitoring weight and food intake	Healthy eating: taking it one meal at a time
Eating less	Making active choices
Healthy eating	Balancing thoughts for long-term maintenance
Intro to physical activity	Healthy eating with variety & balance
Overcoming barriers to physical activity	Handling holidays, vacations, and special events
Balancing calorie intake and output	More volume, fewer calories
Environmental cues to eating and physical activity	Dietary fats
Problems solving	Stress and time management
Strategies for healthy eating out	Healthy cooking
Reversing negative thoughts	Physical activity barriers
Dealing with slips in lifestyle change	Preventing stress
Mixing up physical activity: aerobic fitness	Heart health
Social cues	Life with type 2 diabetes
Managing stress	Looking back and looking forward
Staying motivated	

Houston Diabetes Prevention Program

- CDC 1305 Grant through TX DSHS, AHEC Administration
- DPP Task Force – Employers, Consultants, Health Plans, Health Systems, Independent Medical Groups, DPP Providers
- DPP Employer Pilot 1Q 2018
 - Medicare required coverage in 1Q 2018
 - 58% conversion to normal or maintained vs. no intervention
 - Minimal employer focus on pre-diabetics
- DPP Employer Pilot Design
 - 6 employers
 - In-person and/or virtual
 - Demonstrate it works in our market
- September 19? Employer Orientation & Opportunity