

# National Diabetes Prevention Program



UTAH DEPARTMENT OF  
**HEALTH**  
[www.livingwell.utah.gov](http://www.livingwell.utah.gov)

## PROGRAM DESCRIPTION

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults! Of those 86 million, 9 out of 10 of them don't even know they have it. Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years<sup>1</sup>. With numbers like that, it's important to learn about prediabetes and take action.

The National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program with the goal to prevent or delay the development of type 2 diabetes and heart disease among at-risk Utahns.

## PROGRAM BENEFITS

- Empowerment through education and application
- Movement toward a healthier self, one step at a time
- Sustainability through behavior change
- Increased physical activity
- Weight loss

## WHAT IS PROVIDED TO PARTICIPANTS

This is a 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focusing on:

- Behavior change
- Healthy eating strategies
- Ways to become more physically active
- Getting 150 minutes of physical activity per week
- Achieving a 5-7% weight loss

The sessions are facilitated by trained lifestyle coaches that encourage, coach, and motivate participants to adopt sustainable lifestyle changes.

## RESOURCES

To find a workshop or for more information visit [https://livingwell.utah.gov/ndpp/index.php#contact\\_info](https://livingwell.utah.gov/ndpp/index.php#contact_info)

## FOR MORE INFORMATION ON THIS PROGRAM

Utah Department of Health Resource Line:  
1-888-222-2542

## WHY IS THIS IMPORTANT?

- It is estimated that 35% of adults are at high risk for developing type 2 diabetes<sup>1</sup>.
- Type 2 diabetes can be prevented or delayed by lifestyle changes.
- The Diabetes Prevention Program has been shown to reduce the incidence of type 2 diabetes by 58%, and this risk reduction is sustained over time<sup>2</sup>.

## SOURCES

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2014. [www.cdc.gov/diabetes/prevention/prediabetes-type2/](http://www.cdc.gov/diabetes/prevention/prediabetes-type2/)
2. Knowler WC, Barrett-Conner E, Fowler SE, et al.; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346:393-403. [www.nejm.org/doi/full/10.1056/NEJMoa012512#t=articleTop](http://www.nejm.org/doi/full/10.1056/NEJMoa012512#t=articleTop)