



The National Diabetes Prevention Program (NDPP) Prediabetes Lifestyle Change Program

A year-long program to help build lifestyle skills to last a lifetime

What is the NDPP?

The evidence-based NDPP, a Centers for Disease Control and Prevention (CDC) recognized lifestyle change program, is a partnership of public and private organizations working to reduce the growing problem of prediabetes and type 2 diabetes in the United States. The New Mexico Department of Health Diabetes Prevention and Control Program (DPCP) is facilitating the development of a statewide infrastructure to support training, implementation, referral, maintenance, promotion, and sustainability of the NDPP throughout New Mexico.

Who is the NDPP for and how long is the program?

The NDPP is for adults with prediabetes or at risk for diabetes and is **a year-long program focused on long-term changes and lasting results**. The program can be offered in various community settings like worksites, hospitals and clinics.

With the help of a trained lifestyle coach, adults in a group setting get support from a one-year skill building lifestyle change program that includes:

- Meeting one hour a week for 16 weeks, then once monthly for eight months;
- Building confidence by learning new skills and important changes that can help prevent type 2 diabetes;
- Discovering ways to lose weight by learning how to reduce calorie and fat intake;
- Becoming more active by engaging in 150 minutes of moderate physical activity each week;
- Learning to recognize and overcome barriers to healthy eating and physical activity; and
- Group support from adults with similar goals and challenges to share ideas, celebrate successes and work together to overcome obstacles.

Research Based Prevention Program

Proven to work and based on research led by the National Institutes of Health, this research showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). This finding was the result of the program training people how to lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week. For a person who weighs 200 pounds, losing 5% to 7% of their body weight means losing just 10 to 14 pounds.

And the impact of this program can last for years to come. Research has found that even after 10 years, people who completed a diabetes prevention lifestyle change program were one third less likely to develop type 2 diabetes.



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Sessions include skill building topics like:

- How to read nutrition labels
- Healthy eating out
- Managing slips
- How to stay motivated
- Increasing physical activity
- Managing social cues and environment for more success
- Tipping the calorie balance
- Problem solving
- Managing negative thoughts
- Developing an activity plan
- Stress management
- Making food choices based on fat gram goals
- Incorporating physical activity into daily life

Eligibility

To be eligible to participate in a NDPP lifestyle change program, employees must meet the following criteria:

- Be 18 years or older with a readiness to change **and**
- Be overweight (body mass index ≥ 24 ; ≥ 22 if Asian) **and**
- Have no previous diagnosis of type 1 or type 2 diabetes **and**
- Have a blood test result in the prediabetes range within the past year:
 - Fasting blood glucose (range 100 - 125 mg/dl) **or**
 - 2-hour glucose (range 140 - 199 mg/dl) **or**
 - Hemoglobin A1C (range 5.7 - 6.4) **or**
- Have a history of gestational diabetes **or**
- Be likely to have prediabetes based on the risk test that employees can take either online (**[Do I Have Prediabetes?](#)**) or by printing a hardcopy (**[Prediabetes Risk Test](#)**)

What New Mexico participants are saying...

- *"I am eating more vegetables and fruits than I ever have. I exercise now, and I never did. I eat smaller portions. I still have times that I fall off... but the tools this class has given me help me pick myself up and continue to try....I am so grateful for this class and my team members and coaches."*
- *"I really enjoyed class. I felt that support and accountability of peers greatly aided success. Yes! Yes! Yes! I've recommended to lots of people."*

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