



# Diabetes Prevention

By Kristen Schroeder, BSN-RN, CHES, CDE

## The Centers for Disease Control (CDC) states:

- 86 million people have pre-diabetes, meaning 1 out of every 3 adults
- 9 out of 10 people do not even know they have pre-diabetes
- 15-30% of the people with pre-diabetes will develop type 2 diabetes within 5 years- if they do not lose weight and increase their physical activity level
- 29.1 million people have diabetes- 1 out of 4 do not even know they have it

## Risk Factors for Diabetes:

You may be at higher risk of developing diabetes if you:

- Are 45 years of age or older
- Are overweight or obese
- Have a family member with diabetes
- Are not physically active
- Had gestational diabetes (high blood sugars) while pregnant
- Have had a baby weighing more than 9 pounds at birth

*\*African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans are at a higher risk of developing type 2 diabetes.*

## What is Diabetes?

Diabetes means you have too much sugar (or glucose) in your blood. Your body changes most of the food you eat into glucose. The glucose then travels in your blood to all of the cells in your body. In turn, your pancreas makes a hormone called insulin to help the sugar move out of your blood and into your cells. Your cells need this sugar to provide you with energy during the day. With Type 2 diabetes, your body cannot use the insulin produced correctly. Without insulin, your cells would not receive the sugar they need to function. The glucose levels in your blood begin to rise, leading to symptoms such as frequent urination, extreme thirst and sudden weight loss.

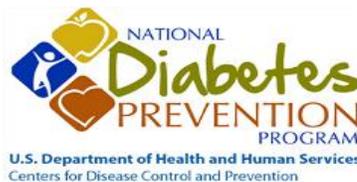
## Importance of Preventing or Delaying the Onset of Type 2 Diabetes



Currently, there is no cure for diabetes. Once you are diagnosed with diabetes you will always have diabetes. Having diabetes can lead to other serious health problems, such as, blindness, kidney failure, heart disease, stroke, and even the loss of your toes, feet or legs. Therefore, it is so important to work on preventing or delaying the onset of type 2 diabetes in individuals that are at high risk of developing it.

In multiple research studies, it has been proven that type 2 diabetes can be prevented or delayed if the person at high risk loses weight, eats healthy, and becomes more physically active.

## The National Diabetes Prevention Program



The National Diabetes Prevention Program, led by the CDC, can help you make the changes needed to help prevent or delay type 2 diabetes. This program helps people with pre-diabetes lower their risk by making small changes such as improving food choices, increasing physical activity levels, and learning how to manage stress.

*What does this program consist of?* The National Diabetes Prevention Program consists of 16 weekly sessions, followed by 4 bi-weekly sessions, and then 6 monthly maintenance sessions. While enrolled in the program, participants will learn the skills to lose weight, be more physically active, and manage stress. Additionally, participants will be able to bond with others sharing in the same struggles and receive support from a Trained Lifestyle Coach.

*Does this program really work?* This program is designed to help participants lose 5-7% of their body weight. Participants who were actively engaged in the program and made these small lifestyle changes may have reduced their risk of developing type 2 diabetes by up to 60%. According to the National Diabetes Information Clearinghouse, even after ten years participants had a 34% lower rate of type 2 diabetes and 40% of participants maintained their weight loss.

*Are there any costs of the program?* This depends on who is providing the program. Some organizations provide the program at no cost or low cost. However, other providers charge a one-time fee for the program to help recover the costs related to the program.

*How can I find a program near me?* The CDC provides a list of organizations that offer the National Diabetes Prevention Program on their website, [https://nccd.cdc.gov/DDT\\_DPRP/Programs.aspx](https://nccd.cdc.gov/DDT_DPRP/Programs.aspx).

**Author: Kristen Schroeder, BSN-RN, CHES, CDE is a Clinical Education Coordinator in the Community Outreach Department of Holy Cross Hospital. She specializes in Diabetes Prevention and Diabetes Self-Management. She is also a Trained Lifestyle Coach for the National Diabetes Prevention Program. She holds a BS in Health Education and a second BS in Nursing.**

**Holy Cross Hospital Community Outreach Department offers the National Diabetes Prevention Program and Diabetes Self-Management Classes at no cost for eligible residents of Broward County. Please call (954) 771-2381 for more information.**