Preventing Diabetes in Cass County
The National Diabetes Prevention Program

The Situation
The number of North Dakotans with diagnosed diabetes has increased more than 2.5 times over the past 16 years. It is estimated that 50,000 (8.1%) of adults in North Dakota were living with diagnosed diabetes in 2014, with an additional 13,149 adults having undiagnosed diabetes. An estimated 190,000 North Dakotans have prediabetes, which, if not addressed, will result in 5 to 10 percent of these cases progressing to diabetes each year. Diabetes is expensive. Diabetes cost North Dakota over $400 million dollars. If North Dakota followed the national trend, diabetes will cost North Dakota $560 million. Diabetes affects the quality of life for those living with diabetes, their families and friends, and their employers.

Extension Response
Rita Ussatis, Extension Agent, became a Certified Lifestyle Coach receiving training in the National Diabetes Prevention Program (DPP) by the Center for Disease Control. In conjunction with a local health organization, nine series of the class have been or are being offered and taught by Rita. The program consists of:
- 16-week, lifestyle change program
- Monthly follow-up for 8 months
- Weight loss goal of 5 to 7 percent
- Goal of 150 minutes of physical activity weekly

Completion of the program has historically shown:
- 58 percent lower risk of type 2 diabetes in people with prediabetes
- Return on investment (ROI):
  - 3:1 for medical savings
  - 7:1 for medical and productivity gains
- If a person delays the onset of diabetes by 5 years, it is a savings of $60,000 in health care costs.

Impacts
A total of 135 individuals enrolled or are completing in these programs with 101 completing. Average weight loss reported over the past 3 years (58 participants) was 7.3%. Due to the lifestyles changes made by the participants to lose weight, 50% of the participants stated one year after the completion of the program:
- Blood glucose levels back into normal range.
- A1C levels back into acceptable level.
- Elimination of blood pressure, cholesterol and diabetes medications.

Cass County Extension has met all the program criteria set by the CDC and was awarded full recognition for a second year.

Feedback
“Thank you for giving me the tools to get this weight off and blood numbers down. I truly appreciate the time you guys put in to help us live longer.” - Participant
“What a difference this class made for me. I no longer take meds for blood pressure.” - Participant

Public Value Statement
Participants in the Diabetes Prevention classes have made lifestyle changes, which have resulted in weight loss and decreased blood glucose values. Reduced incidence of diabetes reduces the public health cost for all citizens.

Primary Contact
Rita Ussatis
Extension Agent/Family Consumer Sciences
1010 2nd Ave S, Fargo ND 58103
701-241-5700
Rita.Ussatis@ndsu.edu