The National Diabetes Prevention Program
Improving the Lives of North Dakotans

The Situation
According to the Centers for Disease Control and Prevention, 86 million Americans have prediabetes. This translates into approximately 190,000 North Dakotans who have prediabetes. Having prediabetes puts an individual at greater risk of developing type II diabetes, stroke and heart disease.

Extension Response
Over the last three years, Extension has been involved with the National Diabetes Prevention Program, helping North Dakotans improve their lives through lifestyle change interventions. The program focuses on empowering participants to take control of their health through education regarding healthy eating, physical activity, and stress management techniques.

In the last year, Extension has made it a priority to increase the reach of the Diabetes Prevention Program across North Dakota. To expand our efforts, we have added five new lifestyle coaches to our team, created new partnerships with community agencies, and had two agents trained as Master Trainers.

Impacts
Statewide data from 2016 programs will not be analyzed until fall of this year. However, local numbers indicate that on average participants lost 6.9% of their initial body weight at the conclusion of the program (2015 data). A body weight reduction of just 5% decreases an individual’s risk of developing type II diabetes by 58%. In addition, each year the onset of type II diabetes is delayed, approximately $10,000 is saved in medical expenditures.

Feedback
“I have tried every diet, magic pill, and program there is out there and this is the only program that has ever helped me to lose weight.” - Cass County Participant

Public Value Statement
Prevention of diabetes creates cost savings for individuals and communities by reducing the loss of productivity due to illness and disability.

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Grand Forks Public Housing
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North Dakota Department of Health
Sanford Health - Fargo and Lisbon

Resource Links