The National Diabetes Prevention Program
Improving the Lives of North Dakotans

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

The Situation
According to the Centers for Disease Control and Prevention, 86 million Americans have prediabetes. This translates into approximately 200,000 North Dakotans who have prediabetes. Having prediabetes puts an individual at greater risk of developing type 2 diabetes, stroke and heart disease. In North Dakota, approximately $660 million is spent on diagnosed diabetes costs, $190 million of which is from indirect costs from lost productivity.

Extension Response
Over the last six years, Extension has made the National Diabetes Prevention Program a priority. Our goal is to help 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. We continue to bolster our diabetes prevention work by creating new partnerships with community and healthcare agencies and training new lifestyle coaches throughout the state.

Impacts – The Program
- Increased number of lifestyle coaches from 51 to 170 between 2017 and 2018.
- Lifestyle coaches present in 30 North Dakota counties.

Impacts – The Individual
- Ninety percent of participants showed an increased level of physical activity since starting the program.
- One hundred percent of participants reported two or more improved nutrition habits after completing the diabetes prevention program.
- Participants reported improved levels of blood glucose, cholesterol, and blood pressure.

“I took the diabetes classes in the winter of 2016 and am happy to report, using the tools I learned in this class, I have lost and kept off 114 pounds as of this date. My doctor advises that I am no longer prediabetic. As I had been prediabetic for years, not being at risk is amazing.” – Sherri
- Sherri reported being taken off prediabetes medication and blood pressure medication in March 2019.

“The biggest eye opener was having to log your meals, you actually see what you are consuming and how it quickly it can add up. I have logged 1,100 straight days of food intake and the last time I checked my fasting blood glucose, it was 83 (normal).”- Nicole 2015 participant

Impacts – Community
The impact of this program can last for years to come. Research has shown 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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Resource Links
https://www.cdc.gov/diabetes/prevention/prediabetes-type2/preventing.html

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