



The National Diabetes Prevention Program

Improving Quality of Life, Decreasing the Use of Medical Resources and Protecting Family Finances for North Dakotans at High Risk for Developing Type 2 Diabetes.

Public Value Statement

Diabetes is the most expensive chronic condition in the United States. 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 those over 60 years old), which benefits their quality of life and decreases medical costs.

The Situation

According to the Centers for Disease Control and Prevention, \$1 out of every \$4 in health care costs is spent on caring for people with diabetes, making it the most expensive chronic condition in the USA. \$237 billion is spent annually on direct medical costs (61% of that is paid by Medicare) and another \$90 billion on reduced productivity. Heart disease, stroke and other complications account for 48% to 64% of lifetime medical costs.

Extension Response

Extension has provided the Diabetes Prevention Program (DPP) to North Dakota communities partnering with senior centers, community venues and insurers. This cohort was a partnership with Sanford Health. Teaching lifestyle changes over a year enables support through annual events like birthdays, holidays and major life events like births, deaths, job changes etc. Learning to handle food intake and physical activity over a year can imbed an internal confidence that helps to breed success in changing how participants care for their health.

Impacts

Halfway through my DPP cohort of nine persons, the COVID-19 pandemic eliminated in-person classes. Virtual classes were started immediately. It was a challenge for many participants as they were confronted with loss of work hours and decreased income. Stress was a major issue and group support was critical at this time. The new habits formed to change old lifestyle behaviors, which lead to annual weight gains, was not lost during this time. With mutual support success was achieved for many participants.

Feedback

"When I heard about the class, it was really a "now is the time" moment. I was thinking about my health, struggling to change, watching my friends' slipping into

type 2 diabetes, and worrying about my impending annual checkup. I was very uncertain about whether I could meet the two large goals of the program. But, I was motivated to try. It was time for a concerted effort to improve my health. Our class learned how to set small goals -- weekly goals -- and I found my groove. Small successes added up, and I stayed motivated."

"Thinking back, I never expected these results. For the first time in my life, I'm not dreading the lab work at my annual physical. I feel healthier and more energized, and I look different. But the most important change is that I have learned the skills to re-order my

relationship to food and activity. I am motivated to keep practicing these new skills and continue to improve my health. This truly was a one-year commitment for a lifetime remodel. Thank you. You helped me change my life. *Carissa*



Post program, Carissa continues to lose weight and is 63lbs. lighter than when she started the program 13 months ago. Her blood sugar is no longer in the prediabetes range. She has successfully delayed or prevented the onset of type 2 diabetes.

Primary Contact

Molly J. Soeby
Family and Community Wellness Agent
151 S 4th St, Ste. 302, Grand Forks, ND 58201
701-780-8229
Molly.soeby@ndsu.edu

Resource Links

<https://www.cdc.gov/chronicdisease/programs-impact/pop/diabetes.htm>