



# I CAN Prevent Diabetes

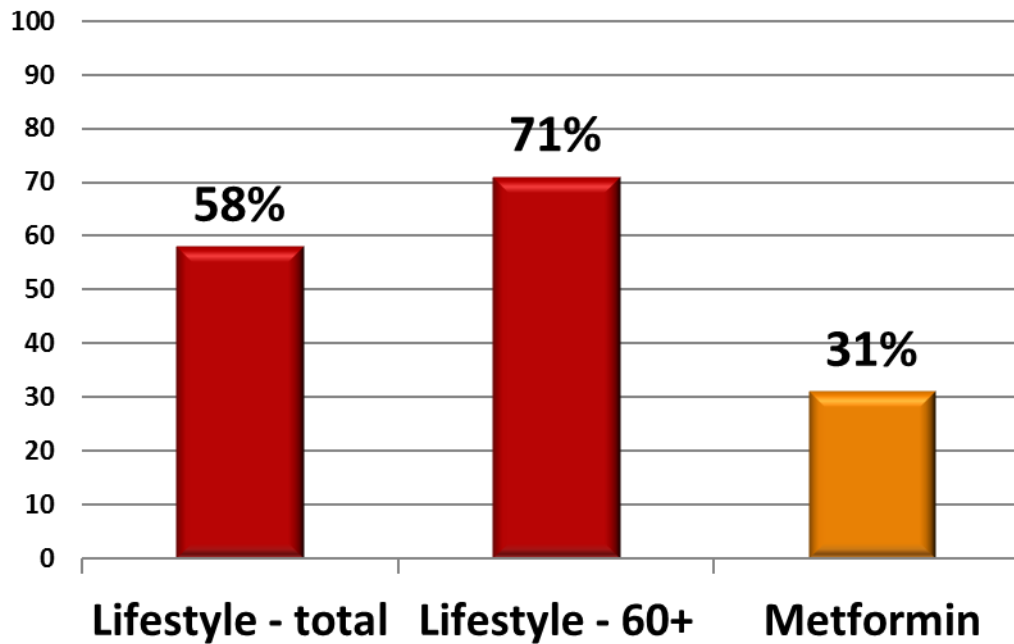
## NATIONAL DIABETES PREVENTION PROGRAM



# PREVENTION

- In the United States nearly **26 million** people have **diabetes** (2011)
  - 8.1 % of the U.S. adult population
- An estimated **79 million** U.S. adults have **prediabetes**
  - 35% of U.S. adults

# PROGRAM RESULTS



# HOW IT WORKS

- 12 month program initiates with 16 weeks of group sessions followed by eight monthly support sessions (each session is one hour)
- Sessions focus on weight loss, physical activity, stress management, problem solving and other topics



# PROGRAM GOALS

- Lose 5 - 10% of body weight
- Gradually increase physical activity to 150 minutes per week.



# WHO QUALIFIES

- Overweight Adults
- Participants must have a BMI of 24 or greater (Asian Americans: 22 or greater)
- Limited to persons ages 18 years and older



# WHO QUALIFIES

- 50% of participants must have prediabetes diagnosed through blood test
  - Fasting Plasma Glucose, 100 – 125 mg/dL
  - Oral Glucose Tolerance Test , 140 – 199 mg/dL
  - HbA1c, 5.7- 6.4
- OR history of gestational diabetes
- Other 50% eligible if screen positive for prediabetes based on National Diabetes Prevention Program Risk Test



# BENEFITS OF PARTNERING WITH SNAP-ED TO DELIVER ICPD

- Builds healthier families
- Leverages resources
- Connects participants to community resources
- Facilitates a fun and engaging social learning community



- Allows participants to benefit from a nationally recognized, evidence-based, highly effective program at no cost to them.



# TO QUALIFY FOR SNAP-ED GROUPS

- One-half of group must be less than 185% poverty level.
- Non-qualifying groups can be taught.
- Both require program agreements with University of Minnesota Extension.

# FIRST STEPS

- Offer health screening that include blood glucose testing to create employee awareness.
- Consider what your worksite can do to offer ICPD or other weight loss programs.



“I look at the menu before I go out to eat and pick the low-fat options.”

“No wonder I was gaining weight! Keeping track of my fat grams and calories helped me realize I eat too many calories and fat.”

“I keep track of my steps to make sure I am more active.”

“I watch my portion sizes now.”

“I eat more fruits and vegetables now.”





Contact Sara Van Offelen, SNAP-Ed Regional  
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To learn more about ICPD, visit [z.umn.edu/icpd](http://z.umn.edu/icpd)

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