

Halebee · Diabetes Prevention Program

Module 1

Diabetes Basics

The Big Picture: Why This Matters

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1 in 3

US adults have prediabetes

Over 33% of US adults — including 25% of young adults aged 19-34 — have prediabetes (CDC, 2022)

34.2M

Americans diagnosed with diabetes

And 7.3 million more have diabetes and don't yet know it. (CDC Diabetes Report Card 2019)

You are not alone

Risk Factors for Prediabetes & Type 2 Diabetes

WEIGHT

Being overweight increases insulin resistance

AGE & FAMILY

Age 45+ or family history of Type 2 Diabetes

ACTIVITY LEVEL

Physically active fewer than 3 times per week

PREGNANCY HISTORY

Gestational diabetes or baby >9 lbs at birth

EXISTING PREDIABETES

Having prediabetes is a direct precursor to T2DM

TAKE ACTION

Most risk factors are modifiable through lifestyle changes

The Real Cost of Diabetes

- \$245 billion in medical costs and lost wages annually
- Typical medical expenses are more than 2× those without diabetes
- Without intervention, prediabetes progresses to T2DM within 5 years on average
- Complications include blindness, kidney failure, heart disease, stroke, and amputation
- Depression, neuropathy, and skin disorders are also common comorbidities
- The good news: most complications can be prevented with the right support



The Diabetes Prevention Program (DPP)

An evidence-based path forward

What Is the Diabetes Prevention Program?

- A government-backed, CDC-recognized lifestyle change program
- Trains lifestyle coaches to help participants build lasting habits
- Three pillars: healthier eating · adding physical activity · improving coping skills
- Proven to reduce T2DM onset by 58% (71% in adults over 60)
- Offered through community health programs, YMCAs, and online providers

<https://www.cdc.gov/diabetes-prevention/index.html>





Diabetes Self-Management Education & Support

Learning to thrive, not just survive

What Is DSMES?

- A collaborative, evidence-based education process for people with or at risk for diabetes
- Involves the participant, their family, doctor, and a diabetes educator
- Interactive and ongoing — not a one-time class
- Covers: informed decision-making · behavior change · problem-solving skills
- Individualized to each person's specific goals and circumstances

<https://www.adces.org/diabetes-education-dsmes>



Shared Goals: DPP & DSMES

DPP GOALS

- Achieve a healthy weight (5–7% body weight loss)
- Build 150 min/week of moderate physical activity
- Learn healthy eating habits
- Develop long-term coping skills

DSMES GOALS

- Measurable behavior change
- Informed decision-making
- Improved self-care behaviors
- Active collaboration with healthcare team

✦ POP QUIZ

The National DPP is best described as:

- A. A public awareness campaign only
- B. A partnership working to educate people on self-care management
- C. A government initiative to prevent or delay the onset of T2DM
- D. A clinical trial for new diabetes medications

The National DPP is a CDC-recognized program of public & private partnerships focused on prevention and delay of T2DM.

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✦ POP QUIZ

Which BEST describes the goals of a DSMES program?

A. Achieve optimal self-management and prevent or delay complications

B. Teach patients how to manage their medications only

C. Learn proper insulin injection techniques

D. Select a diet plan and increase physical activity

DSMES goes beyond medication and diet — it encompasses all aspects of self-management and complication prevention.

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✦ POP QUIZ

True or False? Measurable behavior change is a shared goal of both DPP and DSMES.

A. True

B. False

C.

D.

Correct! Both programs are structured around observable, measurable changes in behavior — not just knowledge.

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✓ Correct

B. False

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KEY TAKEAWAYS

What You've Learned in Module 1

- 1** 1 in 3 US adults has prediabetes — and most don't know it
- 2** Type 2 diabetes can be prevented, delayed, and even reversed with the right changes
- 3** The DPP gives you a structured path: healthy eating, movement, coping skills
- 4** DSMES supports you once diagnosed — personalized, ongoing, and team-based
- 5** Both programs share measurable behavior change as their core goal