

## **Diabetes Prevention Program (DPP) Talking Points for Engaging with Healthcare Providers**

*The talking points below provide messaging to help healthcare providers better understand the lifestyle change program for diabetes prevention, including its benefits and how to start a new program in their area. These points should be adapted to your speaking style, so they are easy to recall and share.*

### **About the Diabetes Prevention Program**

- The diabetes prevention-focused lifestyle change program is for people diagnosed with prediabetes. Featuring a curriculum approved by the Centers for Disease Control and Prevention (CDC), personalized coaching, and a dedicated support group, participants build new habits and make long-term changes to improve their health and reduce the risk of type 2 diabetes.
- Specially trained lifestyle coaches lead group sessions of up to 20 participants, teaching new skills and encouraging participants to set and meet goals.
- The lifestyle change program lasts one year and can be delivered in person or online. During the first six months, groups meet weekly, then switch to bi-weekly meetings for the remaining six months. Each group includes people with similar goals and challenges.
- The lifestyle change program curriculum focuses on modest weight loss (5-7%) and increasing physical activity. Through a personal action plan, participants learn to:
  - Eat healthy.
  - Add physical activity to their daily lives.
  - Handle stress.
  - Overcome challenges that might slow their progress.
  - Get back on track if they veer off course.
- Find a full range of resources about the lifestyle change program at [HHS.lowa.gov/Diabetes](https://www.hhs.gov/lowa/diabetes).

### **Why Refer Your Patients to a Diabetes Prevention Program**

- Referring patients at risk for diabetes to a lifestyle change program reinforces your guidance during clinical visits while providing the additional support they need to learn and adopt healthier lifelong habits.
- Diabetes is a growing public health concern in Iowa, with 11.6% of adults in the state diagnosed with diabetes and an additional 34.1% considered prediabetic. Another estimated 18,883 people in Iowa are diagnosed with diabetes each year.<sup>1</sup>
- Without intervention, many patients who have prediabetes will develop type 2 diabetes within five years, significantly increasing their risk for other serious health concerns such as heart attack, stroke, blindness and kidney failure.
- Research conducted by the National Institutes of Health (NIH) and supported by the CDC shows that by participating in a lifestyle change program, people can reduce their risk of type 2 diabetes by more than half and reduce overall medical costs.<sup>2</sup>
- Visit [HHS.lowa.gov/Diabetes](https://www.hhs.gov/lowa/diabetes) to find various tools, including patient education and referral materials and eligibility and coverage information.

# Diabetes Prevention Program (DPP)

## Talking Points for Engaging with Healthcare Providers

### Starting a Diabetes Prevention Program

- Starting a new diabetes prevention program in your community will improve access to vital services, helping to remove barriers to living a healthier life for people at risk for type 2 diabetes.
- Iowa HHS provides information about the process and requirements for facilitating a diabetes prevention program, including the Standards for CDC recognition, at [HHS.iowa.gov/Diabetes](https://hhs.iowa.gov/Diabetes).

### Sources

1. [The Burden of Diabetes in Iowa, American Diabetes Association](#)
2. [The National Diabetes Prevention Program Coverage Toolkit](#)