

## Diabetes Prevention Program (DPP) Letter/Email Template for Healthcare Providers

*Customize this template and mail or email to healthcare providers who refer patients to lifestyle change program for diabetes prevention.*

Dear **[INSERT PROVIDER NAME]**,

Diabetes is a growing concern in communities across Iowa, including yours. While one-third of adults are currently at risk, the good news is that prediabetes is preventable and treatable. By referring patients to a lifestyle change program and providing them with the resources they need to adopt healthier long-term habits, you can help make a significant difference in the health of Iowans.

Part of the Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program, lifestyle change programs reduce the risk of developing type 2 diabetes by more than half. Led by a trained coach, the curriculum focuses on modest weight loss (5-7%) and increasing physical activity. Through a personal action plan, your patients will 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.

Participants receive a full year of support, which can be delivered in person or online. The program includes weekly meetings for the first six months and bi-weekly meetings for the remaining six months. Each group includes people with similar goals and challenges, ensuring your patients will be in a supportive and understanding environment.

Making a referral is simple with the help of tools and resources available from the Iowa Department of Health and Human Services (Iowa HHS) at [HHS.iowa.gov/Diabetes](https://www.hhs.iowa.gov/Diabetes). Here, you will find fact sheets, posters and other patient education materials, as well as details about eligibility, locations of local lifestyle change programs and more.

You can also expand your impact in the community by starting a diabetes prevention program. The Iowa HHS website provides detailed information on establishing and facilitating a lifestyle change program, including the standards for CDC recognition, training and reimbursement criteria.

Thank you for your dedication to protecting and improving the lives of your patients and those in your community. Together, we can empower more Iowans to live healthier, more fulfilling lives and reduce the burden of diabetes. If you have questions, please do not hesitate to contact [\[me/us\]](#).

Sincerely,

**[INSERT NAME, TITLE, ORGANIZATION]**