

One Man's Journey with the National Diabetes Prevention Program Changed His Life

Greg, a 54-year-old man working with Central Iowa Sports as an umpire scheduler for AAA sports, never imagined he'd be talking about the joys of making his own Greek salad dressing or biking across Iowa. But now, he's doing all that and more thanks to the National Diabetes Prevention Program (National DPP).

When Greg's doctor told him his A1C was 6.1, putting him at risk for type 2 diabetes, he listened. "I have a family history of diabetes on my mother's side," he says. "My doctor helped me to quit smoking about a year ago, and when he recommended this program, I trusted him. I went all in."

This was his first health program ever and it changed everything. Greg was weary of a program that was in a group setting, but after a few sessions, he embraced it.

"The people are great. The coaches are fantastic and knowledgeable."

Since starting the Knoxville National DPP in January 2025, Greg has lost 38 pounds, lowered his A1C to 5.8 and can now walk four to five miles a day. "I haven't been under 250 pounds in nearly 30 years," he shares. "Now, I feel confident in things I didn't before, like hiking new trails. I'm sleeping better, eating better, and moving more." The benefits have also trickled over and inspired his girlfriend to make healthy changes with him.

Greg credits his success to the practical tools and support he received from the program, including a binder full of resources created by the coaches Susie and Laurynn. He learned about what a healthy diet should look like and now chooses the right amounts of protein and feels inspired to try new vegetables and snack on mixed nuts. He has embraced meal prepping every week, which he finds makes a big difference in making it easy to eat right during his busy work week. Walking has become his go-to for stress relief and daily movement.

Greg's not just thinking about the scale anymore, he's thinking about possibilities – take part in RAGBRAI, the legendary bike ride across Iowa. "I feel stronger. More confident. I'm exploring trails, hiking, biking—doing things I just didn't do before."

Small steps make lasting changes.

Find out if you're at risk of prediabetes.



hhs.iowa.gov/diabetes

"Just stick with it. You'll get the results you want. They give you the information you need, it really works. Prep your meals. Stay away from fast food. And just walk. It's all about your mindset."

- Greg