

The burden of diabetes in Rhode Island and in healthcare.

It is estimated that **84 million Americans** have prediabetes.

294,000 people in Rhode Island, 36.4% of the adult population, have prediabetes.

Among adults with prediabetes, only **11.6%** report being told by a health professional that they have this condition.

Without lifestyle changes, people with prediabetes are very likely to progress to type 2 diabetes.

Health care costs for Americans with diabetes are **2.3 times greater** than those without diabetes.



\$1 in \$7 health care dollars are spent treating diabetes and its complications.



Regular physical activity is encouraged and tracked in the Diabetes Prevention Program.

The Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease and Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.



**Lifespan
Community Health
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**Lifespan Community
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Diabetes Prevention Program
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**Lifespan Community
Health Institute**

Diabetes Prevention Program



A **FREE** program to prevent the onset of diabetes.



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Diabetes Prevention Program



Participants achieve weight loss by making lifestyle changes.

The Diabetes Prevention Program, an evidence-based program, teaches people at risk for developing diabetes how to implement a healthy lifestyle with the goal of preventing or delaying the onset of type 2 diabetes. The program is available in English and Spanish and offered to participants at no cost.

The program aims to have participants achieve weight loss of just 5 to 7 percent of their body weight.



For a person weighing 200 pounds, we aim for weight loss of 10 to 14 pounds.

Specifically, participants learn:

- ◆ How to fit exercise into their daily routine in order to lose weight,
- ◆ Ways to eat a healthy diet by adding more fruits and vegetables, and
- ◆ How to avoid diabetes through the CDC-approved curriculum.

What should patients expect?



Patients receive:

- ◆ Weekly 1-hour sessions for at least 16 weeks (within a 6-month period) with a trained lifestyle coach to guide and encourage them.
- ◆ 6 months of 1-hour follow-up sessions with the lifestyle coach to help maintain the healthy lifestyle behaviors.
- ◆ Peer support in a group format from other participants with the same goals.
- ◆ Healthy recipes to prepare at home.
- ◆ Childcare and transportation assistance if needed (pending funding availability).
- ◆ Incentives to recognize and reward progress.



How can providers refer patients?

Lifespan providers

Make a referral in LifeChart: In the diabetes section of the referrals preference list, select “Ambulatory Referral to LCHI Diabetes Prevention Program.”



Other providers

Contact Ana for a referral form. Fax or email to Ana Almeida-DoRosário at 401-444-8061 or aalmeidadorosario@lifespan.org.

Providers who refer patients to the Diabetes Prevention Program will receive periodic updates on patient enrollment and participant progress.

Who qualifies for the program?

Participants must:

- ◆ Be at least 18 years old.
- ◆ Be overweight (body mass index ≥ 25 ; ≥ 23 if Asian).
- ◆ Have no previous diagnosis of type 1 or type 2 diabetes.
- ◆ Meet one of the following criteria
 - ⇒ Have a blood test result in the prediabetes range within the past year:
 - ◇ Hemoglobin A1C: 5.7%–6.4% or
 - ◇ Fasting plasma glucose: 100–125 mg/dL or
 - ◇ Two-hour plasma glucose (after a 75 mg glucose load): 140–199 mg/dL, OR
 - ⇒ Be previously diagnosed with gestational diabetes.



Healthy cooking demonstrations are a regular part of the program.

Patients can self-refer.

Anyone interested in the program can also self-refer and must score at least a 5 on the prediabetes risk assessment.

Contact Ana Almeida-DoRosário to take the risk assessment at 401-444-8069 or aalmeidadorosario@lifespan.org.

Previous program participants who meet the above criteria are eligible to retake the class.