



HOW TO

Talk to Your Patients About the Diabetes Prevention Lifestyle Change Program

Your patients will have many questions about the Diabetes Prevention Program (DPP). The following talking points will help you answer those questions and help your patients decide if the program is right for them.

Program Overview

- The Florida Department of Health offers a DPP lifestyle change program that can help your patients prevent or delay type 2 diabetes.
- The program is facilitated by trained lifestyle coaches, many of whom are dietitians, fitness coaches, or diabetes educators.
- A space is provided where peer support among a group of people with similar goals and challenges has been shown to help patients overcome obstacles and celebrate successes.

Benefits

- By taking part in the structured lifestyle change program and losing 5% to 7% of body weight, participants can cut their risk of type 2 diabetes by more than half*, as well as reduce future treatment costs.
- Participants have reported feeling better, having more self-confidence, and having more energy to do what they love.
- With the changes made to eating habits and physical activity through the lifestyle change program, participants may be able to manage other conditions, such as high blood pressure and high cholesterol, with fewer medications.

Program Logistics

- Provides weekly 1-hour core sessions for up to 6 months and then monthly sessions for the rest of the year.
- From healthy shopping techniques to stress management tips, participants will learn new ways to stay healthy and sustain those changes over time.

Cost, Coverage, and Locations

Cost is an important factor for patients who are considering participating in the lifestyle change program.

- The cost of participating in the lifestyle change program varies depending on location, the organization offering it, and the type of program (in person or online). Many insurance plans cover the cost of the program, and some programs are offered at a reduced price, or at no cost.
- The Florida Department of Health and its partners offer the lifestyle change program at no cost to participants.
- Local lifestyle change programs can be found by contacting the Florida Department of Health at **850-245-4330**, or visit **FloridaHealth.gov/Diabetes-Prevention**

*Based on a 5-year study conducted by the Department of Health and Human Services, National Institutes of Health, and National Institute for Diabetes and Digestive and Kidney Diseases. Research found that in 3,234 participants who were overweight and had prediabetes, lifestyle changes worked particularly well for participants aged 60 and older.

For More Information

Contact the Florida Department of Health at **850-245-4330**, or at **FloridaHealth.gov/Diabetes-Prevention**

