

***Power To Prevent:  
A Family Lifestyle Approach to  
Diabetes Prevention***

**A new product of the  
National Diabetes Education Program**



*A joint initiative of the CDC and NIH*



# Objectives

The objectives of this presentation are to

- Review basic information on diabetes
- Introduce the science behind the National Diabetes Education Program's *Small Steps, Big Rewards. Prevent type 2 Diabetes* campaign
- Provide a brief overview of NDEP products in general
- Introduce a new NDEP product
  - *Power To Prevent: A Family Lifestyle Approach to Diabetes Prevention*



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# What is Diabetes?

**Diabetes is a group of diseases characterized by high levels of blood glucose (blood sugar)**

**Diabetes can lead to serious health problems and premature death**

**About 21 million Americans have diabetes**

National Diabetes Statistics fact sheet., 2005.



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# Common Types of Diabetes

## Type 1 diabetes

- 5% to 10% of diagnosed cases of diabetes

## Type 2 diabetes

- 90% to 95% diagnosed cases of diabetes



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# Common Types of Diabetes

## Gestational diabetes mellitus

- 7% of all U.S. pregnancies, or about 200,000 cases annually
- Increased lifelong risk for mother and child for developing type 2 diabetes

National Diabetes Statistics fact sheet., 2005.



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# Risk Factors for Diabetes

Older age

Overweight (BMI  $\geq$  25)

Hypertension

Abnormal lipid levels

Family history of diabetes

Race/ethnicity

History of gestational  
diabetes (GDM)

History of vascular disease

Signs of insulin resistance

PCOS (polycystic ovary  
syndrome)

Previous IGT (impaired  
glucose tolerance) or IFG  
(impaired fasting glucose)

Inactive lifestyle

American Diabetes Association. Diabetes Care 2007;30(Suppl.1):S4-41.



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# Diabetes Complications

**2 of 3 people with diabetes die from heart disease or stroke**

**Diabetes is the #1 cause of adult blindness**

**Diabetes is the #1 cause of kidney failure**

**Diabetes causes more than 60% of non-traumatic lower-limb amputations each year**

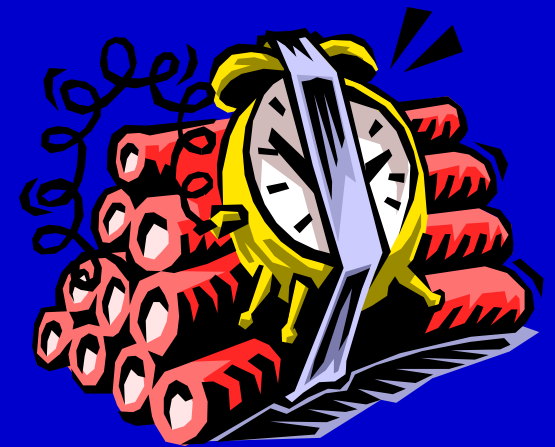
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# Why is diabetes a serious concern?

Because **EVERY 24 HOURS** there are

- *4,100 new cases of diabetes,*
- *810 deaths due to diabetes,*
- *230 amputations,*
- *120 kidney failures, and*
- *55 new cases of blindness*



Source: National Diabetes Statistics fact sheet. 2005.



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# Estimated Cost of Diabetes in the United States

- Direct Medical Cost: **\$92 billion**
- Indirect Cost: **\$40 billion**
- Total Cost: **\$132 billion**



Source: Lewin Group, Inc., for the American Diabetes Association, 2002.



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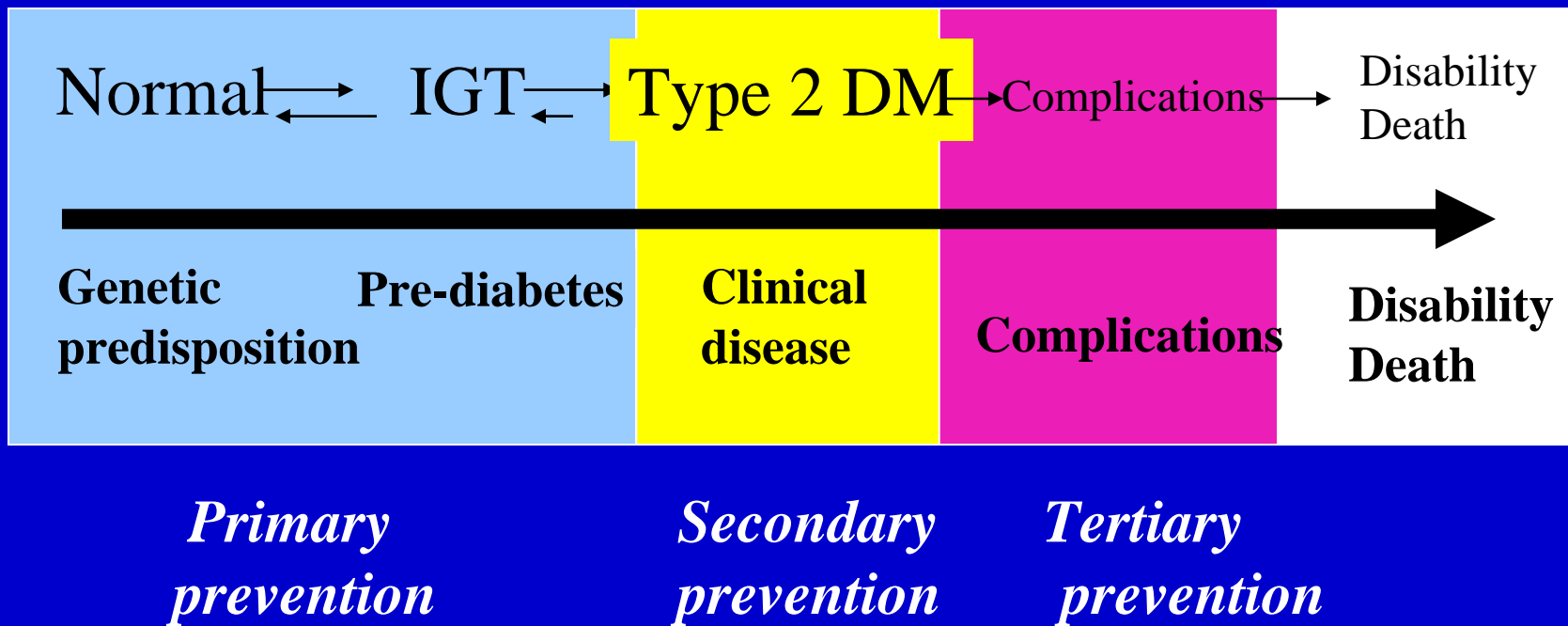


# The Good News: Diabetes can be prevented and controlled.

Changing the  
way diabetes  
is treated

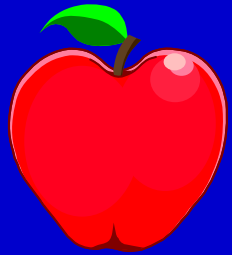


# Stages in the natural history of Type 2 diabetes

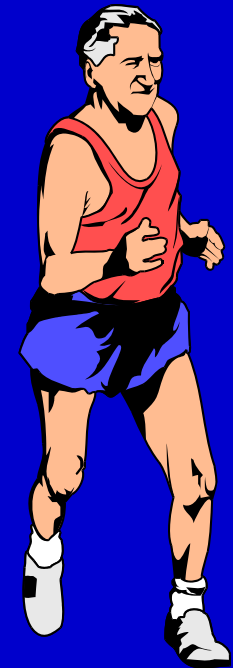


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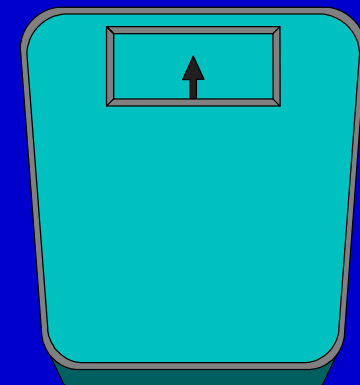
# Diabetes Prevention Program (DPP) Lifestyle Intervention



## Intensive Lifestyle Modification

A comprehensive program with the following specific aims:

- Reduction of fat and calorie intake
- Physical activity at least 150 minutes / wk
- > 7% loss of body weight



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# Diabetes Prevention Program

**Participants who achieved a 5-7% loss of body weight (e.g., 10-15 lbs in a person overweight at 200 lbs), reduced progression to diabetes by 58%**

**Among people 60 years and older, lifestyle changes reduced the development of diabetes by 71 percent.**

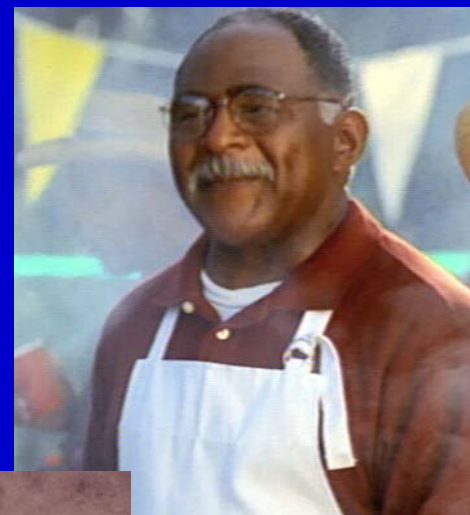


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# National Diabetes Education Program

## Changing the Way Diabetes Is Treated



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# What is NDEP?

- **NDEP is a joint initiative of the National Institutes of Health (NIH) and the Centers for Disease Control and Prevention (CDC) with a partnership network of more than 200 public and private organizations**
  - **Traditional partners such as the American Diabetes Association**
  - **Non-traditional partners such as the National Urban League**
- **United by a common mission: to change the way diabetes is treated**



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# Two main NDEP campaigns



small steps  
**big rewards**  
Prevent type 2 Diabetes



Control your  
diabetes.  
*For Life.*

**The National Diabetes Education Program**  
***Changing the Way Diabetes is Treated.***

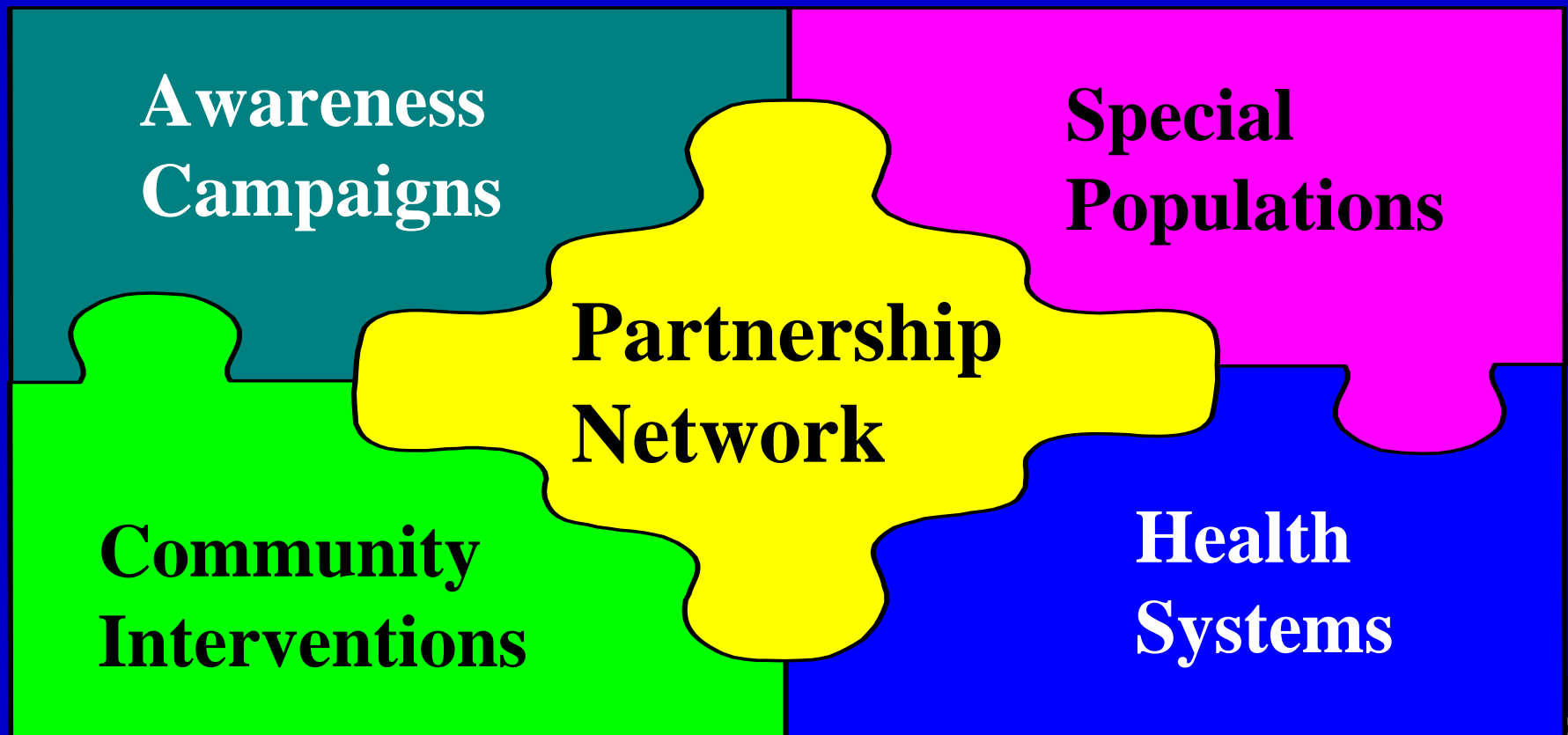


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# 5 Core Components of NDEP



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# ndep.nih.gov

2,431,016  
million  
people visited  
NDEP's  
Web site in  
2006.

The screenshot shows the NDEP website homepage. At the top, there is a banner with the text "NATIONAL Diabetes Education PROGRAM" and a photo of a diverse group of people. Below the banner, the URL "ndep.nih.gov" is displayed. The main content area is divided into several sections: "About Diabetes and Pre-diabetes", "Resources for Health, Education, and Business Professionals", "Awareness Campaigns", "Partnerships", "What's New?", "Publications Catalog", "Contact Us", and "Site Map". A search bar is located at the bottom of the left sidebar. The right sidebar contains a "campaigns" section with logos for "Control your diabetes. For Life.", "American Heart Association Diabetes", "small steps big rewards Prevent type 2 Diabetes", and "Logo Use Policy". The main content area includes a paragraph about NDEP's partnership with the NIH, CDC, and over 200 organizations. It also features sections for "About Diabetes and Pre-diabetes", "Resources for Health, Education, and Business Professionals", "Awareness Campaigns", "Partnerships", "About NDEP", "NDEP News & Notes", and "November is National Diabetes Awareness Month". The "November is National Diabetes Awareness Month" section includes a logo for "Make The Link Diabetes Heart Disease and Stroke" and text about NDEP's partnership with the American College of Cardiology (ACC) and the American Diabetes Association (ADA).

[text only]

NDEP HOME

ndep.nih.gov

NDEP Web Board

About Diabetes and Pre-diabetes

Resources for Health, Education, and Business Professionals

Awareness Campaigns

Partnerships

About NDEP

What's New?

Publications Catalog

Contact Us

Site Map

Search NIDDK

GO

NATIONAL Diabetes Education PROGRAM

campaigns

Control your diabetes. For Life.

What's New

small steps big rewards Prevent type 2 Diabetes

Logo Use Policy

NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.

**About Diabetes and Pre-diabetes**  
Learn what you need to know about diabetes, including ways to control or prevent the disease. Information for parents, children and high-risk minority populations also is available, including materials in Spanish, Asian and Pacific Islander languages.

**Resources for Health, Education, and Business Professionals**  
Find patient education materials and diabetes education resources and tools designed especially for health care professionals, school personnel, and business and managed care.

**Awareness Campaigns**  
Online access to NDEP campaigns and tools, get help starting a campaign and tips for working with the media.

**Partnerships**  
Learn how to work with the NDEP to promote diabetes prevention and control in your community or organization.

**About NDEP**  
Find out more about the National Diabetes Education Program and how it works to "change the way diabetes is treated."

**NDEP Overview** (PDF#291k)

**NDEP News & Notes**  
NDEP's Monthly E-Newsletter

**November is National Diabetes Awareness Month**  
NDEP joins the American College of Cardiology (ACC) and the American Diabetes Association (ADA) to increase awareness about the critical link between diabetes and related cardiovascular complications. In recognition of National Diabetes Awareness Month, the message encourages people with diabetes to be proactive in decreasing their risk of heart disease by managing the "ABCs of Diabetes"—A1C blood glucose levels, blood pressure, and cholesterol. View print PSAs.



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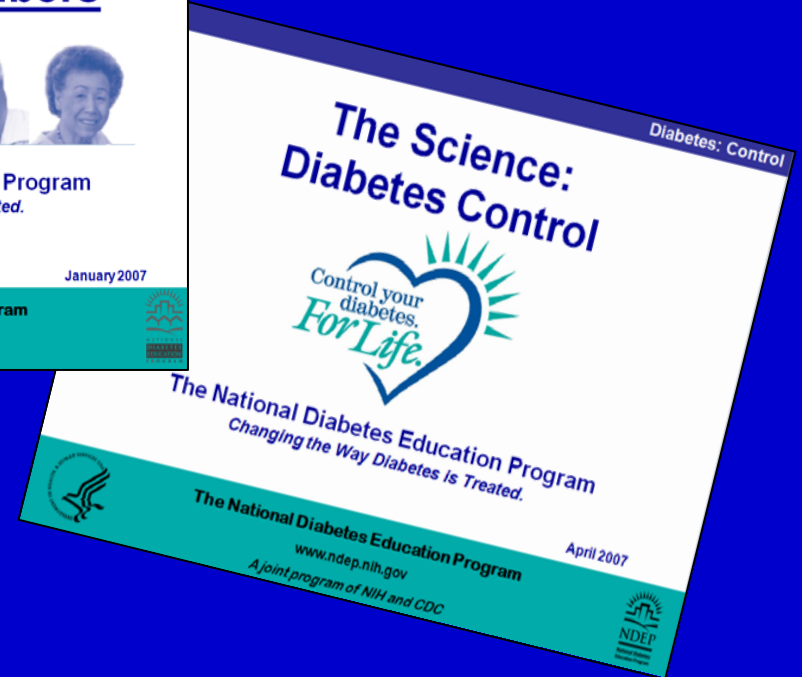
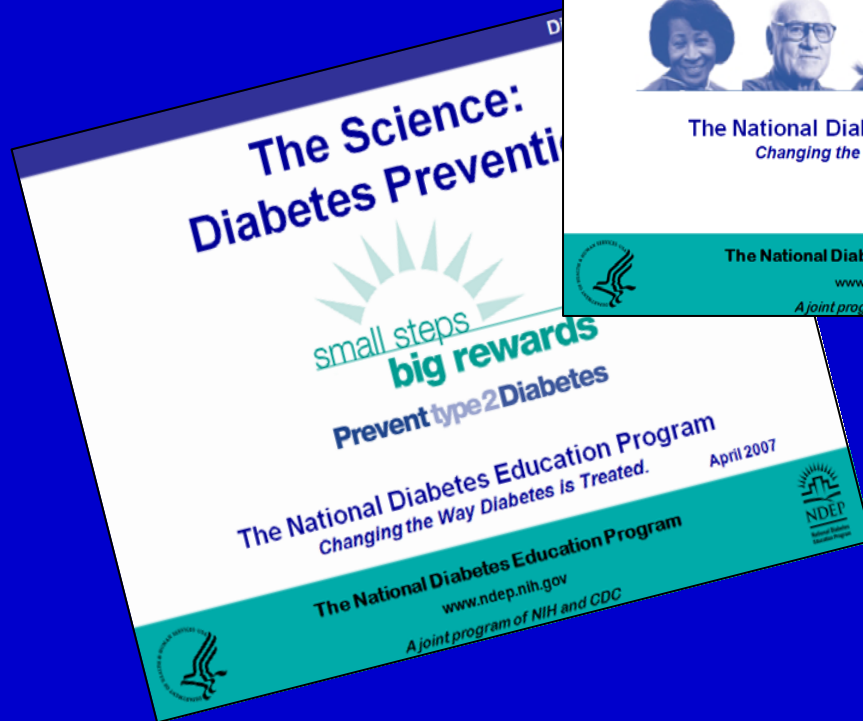
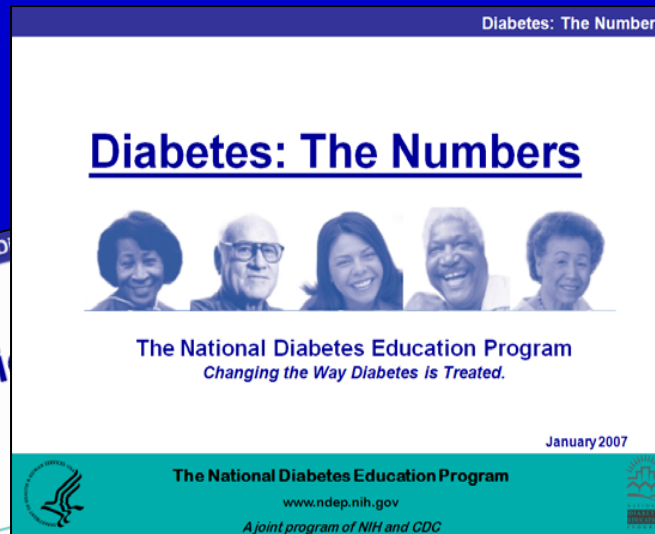
# NDEP Campaign Materials: Control & Prevention



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# PowerPoint Presentations



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# Other NDEP Web sites



**diabetesatwork.org**  
Taking on diabetes. Together, we are making a difference.

Home | Getting Started | Next Steps | Program Evaluation | Success Stories | Tools & Resources

**NEWS YOU CAN USE**

Healthier Eating at Work  
[view article](#)

Controlling Obesity in the Workplace  
[view article](#)

email a friend

email your employer

become an NDEP partner

contact us

**Nearly 21 million Americans have diabetes and many of them are employed in our workforce.**

Does your company have a large Hispanic workforce? See our [lesson plans, fact sheets and resources](#) in Spanish

Diabetesatwork.org can help businesses and managed care companies to assess the impact of diabetes in the workplace, and provide intuitive information to help employees manage their diabetes and take steps toward reducing risks for related complications, such as heart disease.

[Getting Started](#)

**NATIONAL INFLUENZA VACCINATION WEEK**

The week of November 27 – December 3 is National Influenza Vaccination Week. It is especially important that people with diabetes get immunized against flu and pneumonia. Remember to get your flu vaccine and remind your employees to do the same. Free posters, flyers, educational handouts, and other materials are available for easy printing at [CDC's Flu Gallery](#).

**WHO SHOULD USE THIS SITE?**

- Occupational health providers
- Human Resource Managers
- Diabetes Educators
- Health Promotion/Wellness program managers
- Health Plan Designers
- General Managers/Chief Executive Officers
- Supervisors
- People with or at risk for diabetes



**MAKING SYSTEMS CHANGES FOR Better Diabetes Care**

**CE Now Available!**  
Get CE/CME credit from Indiana University for using this website. [Learn more](#), or click on the CE logo to start earning credit!

**Tour This Site**

**Starting Tips**

**What's New**  
The *Better Diabetes Care* website has been revised and updated to include many new materials and tools. [more>](#)

**Making Systems Changes for Better Diabetes Care** is a National Diabetes Education Program website that provides information, models, links, resources and tools to help health care professionals:

- Assess needs for systems change
- Develop strategic plans
- Implement tools for action
- Evaluate the systems change process



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# Racial and ethnic populations are especially hard hit by diabetes.



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small steps

**big rewards**

**Prevent type 2 Diabetes**

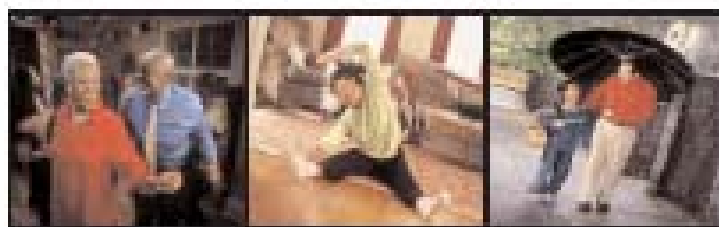
A message from the National Diabetes Education Program



## Get Real!

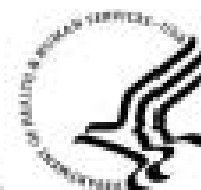
You don't have to knock yourself out to prevent diabetes.

Ask me about starting your GAME PLAN to prevent type 2 diabetes.



Prevent type 2 Diabetes

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.





# What could we learn from the DPP?

- **Goals – simple, realistic, and incremental with some short-term successes**
  - Program goal lose 5 – 10% body weight
  - Short-term goal “walk briskly 10 minutes a day, 3 times a week”
- **Accountability — report progress**
- **Monitoring — DPP Food and Activity Tracker and a fat counter booklet**
- **Effectiveness**
  - In the DPP patient monitoring and documentation were key to success



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# GAME PLAN toolkit

**G**oals, **A**ccountability,  
**M**onitoring, and **E**ffectiveness:  
**P**revention through a **L**ifestyle  
of **A**ctivity and Nutrition

Focus on “Your GAMEPLAN for  
Preventing Type 2 Diabetes”



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# For Health Care Providers: GAME PLAN Toolkit

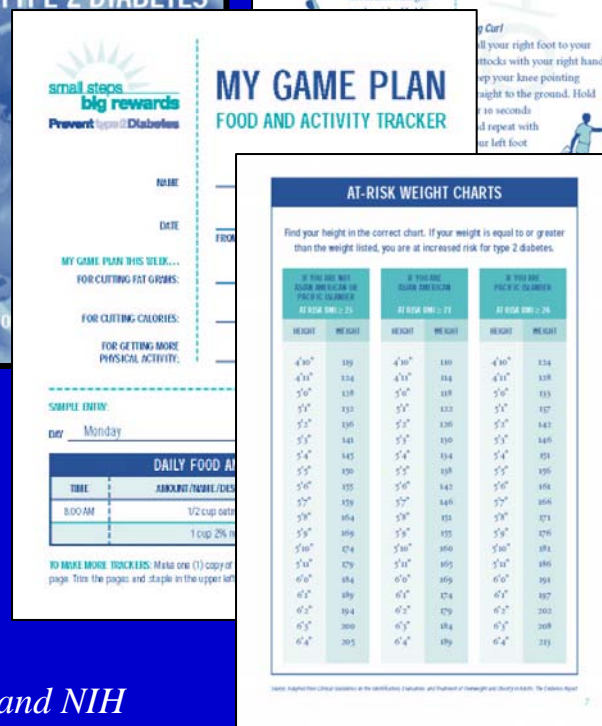
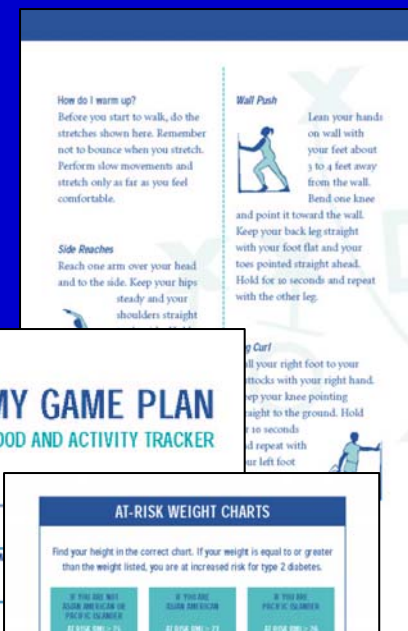


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# GAMEPLAN Toolkit

- Overview of the GAMEPLAN
- Risk Assessment Tool
- “Walking... A Step in the Right Direction”
- Food Diary
- Calorie Counter



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# High-Risk Audience Materials

**PREVENT TYPE 2 DIABETES**  
*Paso a Paso*  
TAKE YOUR FIRST STEP: The National Diabetes Education Program (NDEP) has developed this brochure to help you understand the risk for type 2 diabetes and how to reduce your risk. It includes information on diet, exercise, and other lifestyle changes that can help you prevent type 2 diabetes.

**IT'S NOT TOO LATE TO PREVENT DIABETES**  
Take Your First Step Today  
Recent studies show that people over 60 can prevent or delay type 2 diabetes. Lose a small amount of weight by walking 30 minutes 5 days a week and eating healthy. Talk to your health care provider about your risk for type 2 diabetes and the small steps you can take to prevent it.

**GET REAL**  
YOU DON'T HAVE TO KNOCK YOURSELF OUT TO PREVENT DIABETES  
Studies show that people at high risk for diabetes can prevent it by taking a small amount of weight by getting 30 minutes of physical activity 5 days a week, and eating healthier. The key is small steps that you can take today.

Take these small steps now to **Prevent Diabetes**

*It's never too early... to Prevent Diabetes*  
If you had gestational diabetes mellitus (GDM) when you were pregnant, you and your child have a lifelong risk for getting diabetes.  
Because of this risk, you need to be tested for diabetes after your baby is born, then every one to two years. Reduce your risk by taking small steps for you and your family. If you walk a mile, you can delay or prevent type 2 diabetes if you lose a small amount of weight. If you eat healthy, you can delay or prevent type 2 diabetes. If you are more active, your children can lower their risk for type 2 diabetes if they don't become overweight. Encourage them to eat healthy foods and help them to be active.

**More Than 50 Ways to Prevent Diabetes**  
#1 Less on your plate. #2 Eat more fruits and vegetables. #3 Drink water. #4 Get more active. #5 Get more sleep. #6 Eat less fat. #7 Eat less sugar. #8 Eat less salt. #9 Eat less red meat. #10 Eat less processed food. #11 Eat less refined grains. #12 Eat less alcohol. #13 Eat less high-fat dairy. #14 Eat less high-sodium food. #15 Eat less high-sugar food. #16 Eat less high-calorie food. #17 Eat less high-fat, high-sugar, high-calorie food. #18 Eat less high-fat, high-sugar, high-calorie food. #19 Eat less high-fat, high-sugar, high-calorie food. #20 Eat less high-fat, high-sugar, high-calorie food. #21 Eat less high-fat, high-sugar, high-calorie food. #22 Eat less high-fat, high-sugar, high-calorie food. #23 Eat less high-fat, high-sugar, high-calorie food. #24 Eat less high-fat, high-sugar, high-calorie food. #25 Eat less high-fat, high-sugar, high-calorie food. #26 Eat less high-fat, high-sugar, high-calorie food. #27 Eat less high-fat, high-sugar, high-calorie food. #28 Eat less high-fat, high-sugar, high-calorie food. #29 Eat less high-fat, high-sugar, high-calorie food. #30 Eat less high-fat, high-sugar, high-calorie food. #31 Eat less high-fat, high-sugar, high-calorie food. #32 Eat less high-fat, high-sugar, high-calorie food. #33 Eat less high-fat, high-sugar, high-calorie food. #34 Eat less high-fat, high-sugar, high-calorie food. #35 Eat less high-fat, high-sugar, high-calorie food. #36 Eat less high-fat, high-sugar, high-calorie food. #37 Eat less high-fat, high-sugar, high-calorie food. #38 Eat less high-fat, high-sugar, high-calorie food. #39 Eat less high-fat, high-sugar, high-calorie food. #40 Eat less high-fat, high-sugar, high-calorie food. #41 Eat less high-fat, high-sugar, high-calorie food. #42 Eat less high-fat, high-sugar, high-calorie food. #43 Eat less high-fat, high-sugar, high-calorie food. #44 Eat less high-fat, high-sugar, high-calorie food. #45 Eat less high-fat, high-sugar, high-calorie food. #46 Eat less high-fat, high-sugar, high-calorie food. #47 Eat less high-fat, high-sugar, high-calorie food. #48 Eat less high-fat, high-sugar, high-calorie food. #49 Eat less high-fat, high-sugar, high-calorie food. #50 Eat less high-fat, high-sugar, high-calorie food.

**We have the power to prevent diabetes**  
We're American Indians and we have the power to prevent type 2 diabetes. Science has proven that we can prevent diabetes if we lose 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

Here are 7 powerful steps you can take to get started today:

- 1. MOVE MORE.** Get up, get out, and get moving. Try walking, dancing, bike riding, or playing ball with your friends or family. It doesn't matter what you do as long as you enjoy it. Try different things so you don't get bored.
- 2. EAT HEALTHY.** Focus on eating low-fat and more fruits and vegetables. Try switching to low-fat dairy products, and whole grains. Cut down on fatty and high-sugar foods. You will see and feel the benefits. Just eat less.

**Gestational (ges-TAY-shoo-dih) Diabetes or GDM?**  
Gestational diabetes is a type of diabetes that occurs when you are pregnant. It raises your blood sugar levels and can affect the rest of your life. African American, Hispanic/Latina, Asian, and Alaska Native women are at the highest risk.


**A Lifetime of Small Steps for A Healthy Family**  
National Diabetes Education Program



A joint initiative of the CDC and NIH



# African American/African Ancestry work group





## More Than 50 Ways to Prevent Diabetes

**African Americans are at a high risk of developing type 2 diabetes...**

... and being overweight increases that risk. But, there is good news. Losing a small amount of weight, by getting 30 minutes of physical activity 5 days a week and eating healthy, will help prevent diabetes. To get started, use this guide for ideas on moving more, eating healthier, and tracking your progress.

**Small Steps for Big Rewards!**







### Reduce portion sizes.

- #1 **Less on your plate, Nate.**
- #2 Keep meat, poultry and fish servings to about 3 ounces (about the size of a deck of cards).
- #3 Make less food look like more by serving your meal on a salad or breakfast plate.
- #4 Try not to snack while cooking or cleaning the kitchen.
- #5 Try to eat sensible meals and snacks at regular times throughout the day.
- #6 Make sure you **eat breakfast** every day.
- #7 Use broth and cured meats (smoked turkey and turkey bacon) in small amounts. They are high in sodium. Low sodium broths are available in cans and powder.
- #8 **Share** your desserts.
- #9 When eating out, have a big vegetable salad, then split an entrée with a friend or have the other half wrapped to go.
- #10 Stir fry, broil or bake with non-stick spray or low sodium broth and try to cook with less oil and butter.
- #11 Drink a glass of water or other "no-calorie" beverage 10 minutes before your meal to take the edge off your appetite.
- #12 **Select** the healthier choice at fast food restaurants. Try grilled chicken instead of the cheeseburger. Skip the french fries or replace the fries with a salad.
- #13 Listen to music while you eat instead of watching TV (people tend to eat more while watching TV).
- #14 It takes 20 minutes for your stomach to send a signal to your brain that you're full. Eat slowly.
- #15 **Eat a small meal, Lucille.**
- #16 Teaspoons, salad forks, or child-size utensils may help you take smaller bites and eat less.
- #17 You don't have to cut out the foods you love to eat. Just **cut down** on your portion size and eat it less often.

### Add more physical activity to your daily routine.

- #18 **Dance it away, Faye.**
- #19 Show your kids the dances you used to do when you were their age.
- #20 Turn up the music and **jam** while doing household chores.
- #21 Deliver a message in person to a co-worker instead of e-mailing.
- #22 Take the stairs to your office. Or take the stairs as far as you feel comfortable, and then take the elevator.
- #23 Make a few less phone calls. Catch up with friends during a regularly scheduled **walk**.
- #24 March in place while you watch TV.
- #25 Park as far away as possible from your favorite store at the mall.
- #26 Select an exercise video from the store or library.
- #27 Get off the bus one stop earlier and walk the rest of the way home or to work at least two days a week.

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# Focus group research with African Americans

- Fatalistic attitude that diabetes is inevitable is common
- Diabetes viewed by African Americans as less serious than other health concerns (e.g., HIV, cancer)
- Many barriers to changing behavior around food and physical activity
- Recommendation of 150 minutes of physical activity weekly was viewed as difficult to accomplish



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# Focus group recommendations

- Teach people how to lose weight and eat healthfully.
- Messages should be simple, direct, tied to consequence of having diabetes.
- Importance of family involvement and peer support.
- Counter pessimism about being able to make changes.
- Need options: different things work for different people.
- Address both people with diabetes and those at risk.



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# Power to Prevent



A Family Lifestyle Approach to Diabetes Prevention



# ***Power To Prevent: A Family Lifestyle Approach to Diabetes Prevention***

- **Community education intervention for the family that focuses on**
  - **Physical activity**
  - **Healthy eating, and**
  - **Incorporates DPP results**
- **Uses existing tried-and-proven NDEP tools such as the GAME PLAN toolkit materials (Fat and Calorie Counter, Food and Activity Tracker)**

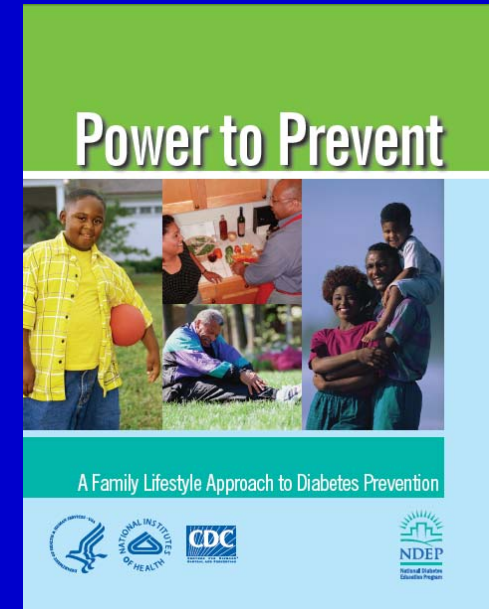


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# Curriculum organization

- Twelve 60 - 90 minute modules
- Suggestion: modules once/week for 6 weeks, then once/month
- Uses Adult Learning Theory
- Behavioral approach based on the DPP experience
- Use curriculum to guide small groups through measuring, learning, practicing and maintaining healthy behavior changes.



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# Curriculum organization

- Integrate behavior change into daily routine
- New concepts introduced each class build on foundation of behavior change patterns established in first 6 weeks
- Additional optional activities within modules
- Session 6 can be expanded to three sessions if more focus on diabetes care desired by group



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# Curriculum organization

- Introduction
- Program Leader's Guide
- Program Participants Guide
- Twelve session modules (plus optional activities in each module)



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# Curriculum organization

- **Session 1: Introduction to Power To Prevent**
- **Session 2: Small Steps Lead To Big Rewards**
- **Session 3: Strategies for Healthy Eating**
- **Session 4: Physical Activity — Get Moving Today**
- **Session 5: Make Healthy Food Choices**
- **Session 6: Diabetes Overview**



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# Curriculum organization

- **Session 7: Physical Activity for Families**
- **Session 8: Portion Size**
- **Session 9: Navigating Around Eating Out**
- **Session 10: Partner With Your Health Care Provider**
- **Session 11: Get Your Family and Friends Involved**
- **Session 12: Celebrate Big Rewards**

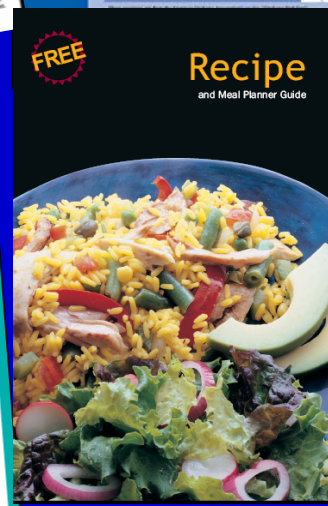
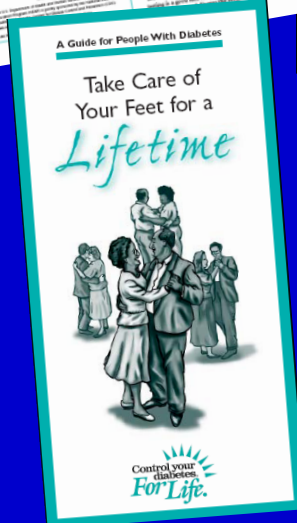
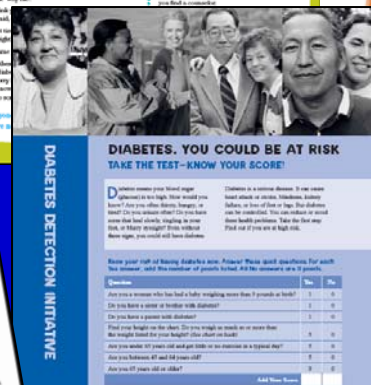
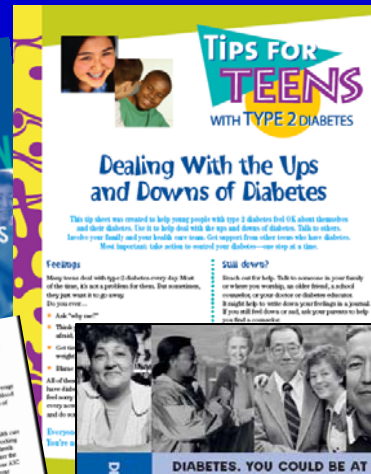
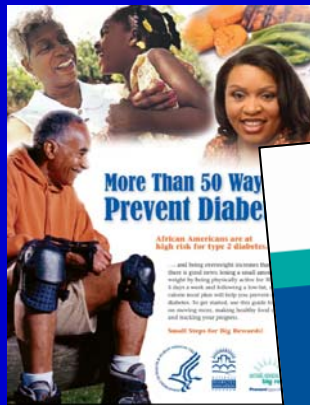
**Evaluation tools included in the Appendix**



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# Appendix materials included on a CD-ROM with handouts, pre- and post-session forms, files for materials needed

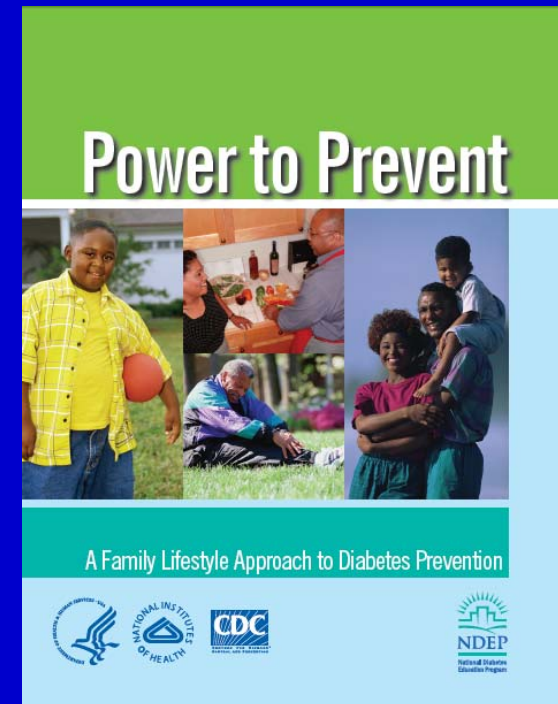


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# Disclaimer

- *Power To Prevent* is not intended to provide diabetes care education or to replace individualized sessions with a diabetes educator or dietitian
- *Power To Prevent* is a curriculum to help individuals in small groups and/or families learn healthy habits around food and physical activity, support one another in making and maintaining changes



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# Power to Prevent

A Family Lifestyle Program for Diabetes Prevention

## Facts:

- More than 13% of African Americans over 20 have diabetes. That's almost 1 in 7.
- The number of people with diabetes in the United States has more than tripled in in one generation (1980 to 2005)
- African Americans are developing type 2 diabetes at younger ages, even as children.
- Diabetes is serious, common, costly yet controllable and preventable.
- Scientists estimate that of people born in 2000, one in three will develop diabetes unless something changes.

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)



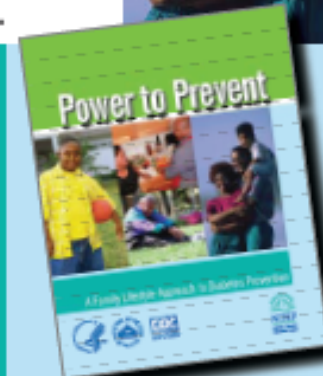
This multigenerational curriculum helps African American families and communities prevent and control diabetes through healthy eating and increased physical activity.



## The curriculum contains:

Developed for community-based organizations, faith-based communities, diabetes educators and other program leaders, this curriculum contains:

- Twelve 60-90 minute interactive modules focusing on physical activity, nutrition and diabetes prevention
- A leader's guide with steps for a successful program
- Evaluation tools to help leaders know if they are making a difference
- Accompanying CD-ROM with free materials that you can use to enhance the program



Be part of that change. Order your free copy of the Power To Prevent curriculum by calling 1-800-438-5383, shipping and handling fees may apply. Or visit [www.ndep.nih.gov](http://www.ndep.nih.gov) for a free downloadable version.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and Centers for Disease Control and Prevention with the support of more than 200 partner organizations.



(Date) 2007



**The risk is great.  
The goals are modest.  
The action steps are clear.**

**Change is not easy, but  
the DPP demonstrated  
that it can be done.**



*A joint initiative of the CDC and NIH*



# How Can You Access NDEP's Resources?

Visit the NDEP's Web sites:

[www.ndep.nih.gov](http://www.ndep.nih.gov)

[www.cdc.gov/diabetes/ndep](http://www.cdc.gov/diabetes/ndep)

[www.diabetesatwork.org](http://www.diabetesatwork.org)

[www.betterdiabetescare.nih.gov](http://www.betterdiabetescare.nih.gov)

**Call 1-800-438-5383**

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