

Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention Curriculum Helps African Americans Learn How to Eat, Move, and Live Smart to Prevent Diabetes

Most of us know someone who has diabetes.

It is the sixth leading cause of death in the United States and a major contributor to heart disease, stroke, amputation, and blindness. More than 13 percent of African Americans 20 years of older are living with diabetes. That's more than one in eight and the number keeps rising! Think about it. How many people do you know with diabetes? Chances are, if you are African American, someone in your family has diabetes. Maybe you have diabetes and are worried about your family members developing the disease too. It is estimated that of people born today, 1 of 3 will develop diabetes in his or her lifetime, unless something changes.

Diabetes is serious problem within the African American community, but there is good news. A recent study, the Diabetes Prevention Program (DPP), proved that diabetes can be prevented or delayed in those at high risk for the disease.

The National Diabetes Education Program (NDEP) — a joint initiative between the Centers for Disease Control and Prevention and the National Institutes of Health — has developed a new curriculum, *Power to Prevent: A Family Lifestyle Approach to Diabetes Prevention*, to help African Americans learn how to apply the findings of the DPP study in their own communities. *Power to Prevent* focuses on how to prevent and control diabetes through physical activity and healthy eating.

Power To Prevent includes effective, step-by-step lesson plans to help African Americans with or at risk for diabetes to take control of their eating habits and engage in a more physically active lifestyle.

“Diabetes is a growing epidemic among African Americans — yet one third of all people who have this condition aren't even aware that they have it,” said Dr. Gladys Gary-Vaughn, Chair of the NDEP's African American Work Group. “*Power to Prevent* gives program leaders the resources and information they need to inform people that it is possible to prevent or delay type 2 diabetes in people at high risk.”

In the 2002 findings of the Diabetes Prevention Program study, scientists found that people can prevent or delay type 2 diabetes by losing some weight (5–7 percent of their weight or 10–15 pounds for a person who weighs 200 pounds), eating healthy (consuming less fat and fewer calories) and participating in physical activity (such as 30 minutes of brisk walking 5 days a week).

Power to Prevent is a companion piece to the NDEP *Small Steps. Big Rewards. Prevent type 2 Diabetes* campaign. The key theme of this campaign is that people at risk for diabetes can reap big rewards — such as the delay or prevention of type 2 diabetes and its complications — by taking small steps to implement healthy lifestyle behaviors. For more information on this campaign, visit www.ndep.nih.gov.

[INSERT THE NAME OF YOUR ORGANIZATION] encourages community and program leaders, those with type 2 diabetes and concerned family and friends to get a copy of *Power To Prevent*. Free copies of the curriculum are available by downloading or ordering a hard copy on-line from www.ndep.nih.gov, or by calling 1-800-438-5383.