

The Diabetes Belt Distinction

FOR THE

#GATORGOOD

Responding with Prevent T2 in the
worksite and community

What impacts our health?

- 50% is LIFESTYLE!!!
- 20% is genetics
- 20% is environmental
- 10% is access

So why did we choose to use PREVENT T2?

Prevent T2, National Diabetes Prevention Program

A horizontal banner with a green-to-blue gradient background, divided into three sections. The left section is green and contains a white hexagonal icon with an exclamation mark, the text "PREVENT TYPE 2 DIABETES", and a white box with the text "CUT RISK IN HALF" and a blue arrow pointing to the right. The middle section is teal and contains the text "PROVEN LIFESTYLE CHANGE PROGRAM" in white. The right section is light blue and contains the text "NATIONAL PARTNERSHIP" with a small American flag icon, "COMMUNITY-BASED" in large bold letters, and a row of colorful human silhouettes representing a diverse community.

PREVENT TYPE 2 DIABETES
CUT RISK IN HALF

PROVEN LIFESTYLE CHANGE PROGRAM

NATIONAL  PARTNERSHIP
COMMUNITY-BASED



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

Messages of Prevent T2

Nutrition

Educate on proper plating, portion, and food selection

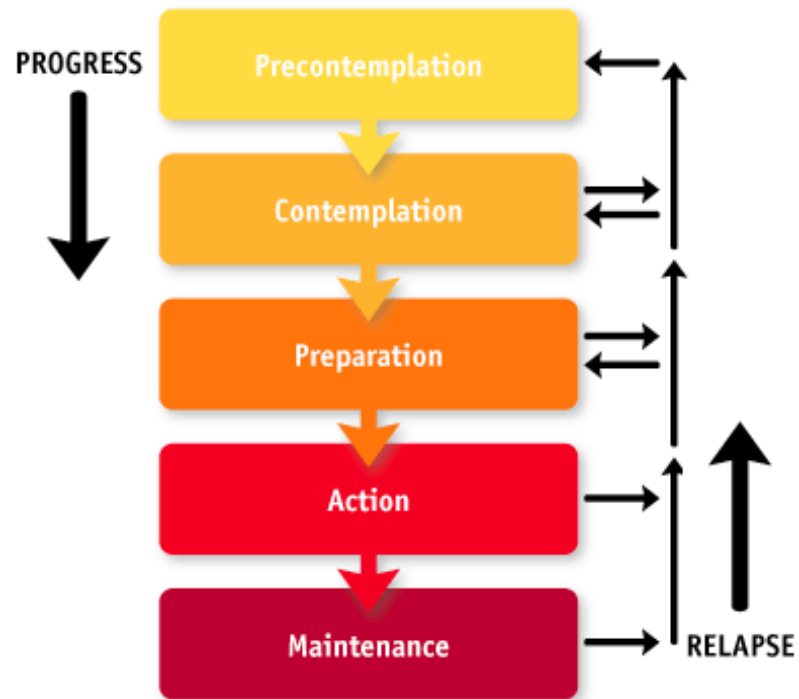
Physical Activity

Benefits of and why it is so important

Accountability

It is a lifestyle change program!! Developing self-efficacy

IT WORKS!



Why it works...

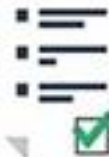


Impact

A key part of the National DPP is a lifestyle change program that provides:



A TRAINED
LIFESTYLE COACH



CDC-APPROVED
CURRICULUM




GROUP SUPPORT
OVER THE COURSE
OF A YEAR

Program Recognition



How to find a training site

Training for Your Lifestyle Coaches



Lifestyle change coaches are trained to use a CDC-approved curriculum and have the knowledge and skills needed to effectively deliver the program

CDC-recognized lifestyle change programs must have lifestyle coaches who are trained to use a CDC-approved curriculum and who have the knowledge and skills to effectively deliver the program. The lifestyle coach's ability to support participants, provide guidance, and help groups work together effectively is essential for a successful lifestyle change program.

If your organization needs training for your lifestyle coaches, the organizations listed below can help. They have signed a memorandum of understanding (MOU) with CDC to provide training. Some of them can also provide training for Master Trainers, who can, in turn, train lifestyle coaches in their own and partner organizations. There are thousands of trained lifestyle coaches nationwide.

Lifestyle Coach and Master Training Organizations:

- [American Association of Diabetes Educators, Diabetes Prevention Program](#)
- [Black Women's Health Imperative](#)
- [Center for Excellence in Aging & Community Wellness/Quality and Technical Assistance Center \(QTAC\)](#)
- [Diabetes Training and Technical Assistance Center, The Emory Centers for Training and Technical Assistance at Emory University](#)
- [Magnolia Medical Foundation](#)
- [Solera Health Inc](#)
- [State of Wellness](#)
- [University of Pittsburgh Diabetes Prevention Support Center, Department of Epidemiology at the Graduate School of Public Health](#)
- [Virginia Center for Diabetes Prevention & Education](#)

If your training organization would like to be listed on the CDC's National Diabetes Prevention Program website, please [review the MOU](#) [PDF - 212KB] and contact ndpptraining@cdc.gov (Note: CDC does not endorse any particular organization, product, or service, whether directly or indirectly related to this agreement.)

Recap

Lifestyle is 50% of our health outcomes

Losing 5-7% of one's body weight, exercise and proper nutrition can prevent or delay T2 DM

The Prevent T2 Program is proven—10 years later participants are 1/3 less likely to develop T2 DM

Once you have achieved recognition status, possible to generate revenue

Acknowledgements/ Resources

Florida Department of Health, Jackson County

Berkeley School of Health

<http://blogs.berkeley.edu/2010/10/27/whats-the-biggest-driver-of-health-care-costs-our-personal-behaviors/>

Center for Disease Control and Prevention

<https://www.cdc.gov/diabetes/prevention/lifestyle-program/t2/t2materials.html>

Stages of Change Model, image source, AddictionInfo

<http://www.addictioninfo.org/articles/11/1/Stages-of-Change-Model/Page1.html>