Access Diabetes Prevention

Individuals:
Talk to your healthcare provider about your risk of developing diabetes.
Find a Diabetes Prevention Program near you by visiting
www.win211.org or **dial 211.**

Assess your risk:
www.DoIHavePrediabetes.org

Community Health Organizations:
Health clubs, communities of faith, clinics, employers, health plans, and other community organizations can offer the Diabetes Prevention Program to your members.

Healthcare Providers:
Refer your patients to the Diabetes Prevention Program. Nearby programs can be found at
www.win211.org or dial 211
To connect with other healthcare providers and diabetes professionals in Washington State, visit
http://diabetes.doh.wa.gov
Download the Prevent Diabetes STAT (Screen/Test/Act Today)
www.ama-assn.org/sub/prevent-diabetes-stat

Who pays for the DPP?

Individuals, community organizations, and healthcare providers can work with employers and insurers to add the Diabetes Prevention Program as a covered benefit.

More than 200,000 people who receive benefits through the Public Employee Benefits Board already have it covered. Members of the Public Employees Benefit Board can call 1-800-237-4942 for member specific info.

Have a Diabetes Prevention Program success story to share?

Whether you're an employer who offers DPP to your employees, a healthcare provider who refers your patients to a program near them, an insurer who offers DPP as a covered benefit, or an individual who has participated in the program, we want to hear from you!

Send us your stories for an opportunity to be featured in one of our publications, or on social media.

To find out more:
Visit **http://diabetes.doh.wa.gov**
Email **Diabetes@doh.wa.gov**
Dial **360-236-3750**

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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711)

Diabetes Prevention PROGRAM

Stories of Success from *Washington State University*

The Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program that helps people with prediabetes prevent or delay the onset of type 2 diabetes. The program lasts for one year and encourages participants to adjust their eating habits, increase their physical activity, and manage their stress.

Between January and November of 2015, these DPP participants lost a total of 70.4 pounds.

Yingbo W.

"My A1c was higher than normal. I said, 'oh! I never thought I had a problem. I'm so active; I exercise every day.' I already told two friends [about the program]. They're both in the class.
My three sons and husband never pay attention to their sugar intake so I'm bringing these changes to my life and family. My A1c is down to 5.4. I feel very good."

Beth T.

"I realized I was having problems with asthma. I was having problems with generally having the energy to do things. The asthma is still there but I don't take nearly the medication I used to. The thing that surprised the dickens out of me is that I used to live on antacid to lay the indigestion and acid reflux. Every single day I was having to take those. I haven't taken any in 4 months."

Meg G.

"[As a program coach, my] A1c has gone down. I am sharing the tools with family and I've also been reducing my sugar intake."
"It's not complicated. [The participants] don't feel overwhelmed. 150 minutes or more of physical activity weekly so they can maintain their goals. Simplicity keeps the class motivated."

Claudine Z.

"I feel like I did when I was 30. Those of us who have stuck with the program and have combined diet and exercise pretty much all say the same thing. We feel great! Your classmates are your support system."

Richard Z.

"It's not a diet. It's really just a lifestyle change of focusing your life more on exercising and eating right. The rewards are enormous in the way you feel, your confidence, you look better, I could go on all day about all the good things that come out of it."

WSU's approach to wellness is to raise awareness for events and programs that are being offered on campus and in the community. They hope that by raising awareness, more people will address their health by taking advantage of the opportunities offered to them, such as the Diabetes Prevention Program.

"When Healthcare providers, insurers, and employers work together to address healthcare concerns, we see the kind of success Meg has had with the Diabetes Prevention Program."

Ann Monroe, PHR
WSU Human Resource Services Assistant Director, Benefits

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