Diabetes Prevention Program
at the NRAO

Jan Tarr, RN, CDE
Prediabetes and Diabetes in NM Adults 2008-2010

79  531,550
80  with prediabetes

168,580
with diabetes
What is the National DPP?

• evidence-based lifestyle intervention developed by the CDC for people with prediabetes

• based on the National Institutes of Health-led Diabetes Prevention Program (DPP) research study and subsequent translation studies

• demonstrating that 5-7% weight loss achieved and maintained through regular physical activity and improved nutrition

• can prevent or delay the progression of prediabetes to diabetes by 58% compared to standard lifestyle recommendations
Current National DPP sites in New Mexico

- Farmington: San Juan Regional Medical Center
- Gallup: Gallup Indian Medical Center
- Roswell: Chaves County Extension
- Santa Fe: City of Santa Fe
- Santa Rosa: Guadalupe County Hospital
- Socorro: National Radio Astronomy Observatory
  - New
- Española: YMCA
- Shiprock: Northern Navajo Medical Center
  - Worksites: for employees only

Includes tribal populations
Recommended eligibility criteria

18 years and older

BMI ≥24kg/m²

Readiness to change

and one of the following:

Fasting blood glucose: 100-125

Glucose after 2-hour OGTT: 140-199

History of GDM

A1c : 5.7%-6.4%
**Prediabetes risk test**

- Are you a woman who has had a baby weighing more than 9 pounds at birth?
- Do you have a sister or brother with diabetes?
- Do you have a parent with diabetes?
- Do you weigh as much as or more than the weight listed for your height?
- Are you younger than 65 and get little or no exercise in a typical day?
- Are you between 45 and 64 years of age?
- Are you 65 years of age or older?

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<thead>
<tr>
<th>Yes</th>
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9 or more points: High risk for having pre-diabetes now.

3 to 8 points: Probably low risk for having pre-diabetes now. **Keep your risk low!**
Readiness assessment

Readiness to Change

Check the statement that best describes where you are today with your plan:

• I am thinking about diet and exercise changes
• I have started making diet and exercise changes
• Healthy diet and regular exercise are a regular part of my life

Potential Barriers: (What is going to get in the way?)

• Healthy Eating
  Barriers____________________________________________________

• Healthy Exercise
  Barriers____________________________________________________
# Core Curriculum

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<tr>
<th>Skills</th>
<th>Controlling the external environment</th>
<th>Psychological and emotional</th>
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<tr>
<td>1. Welcome</td>
<td>8. Take Charge of What’s Around You</td>
<td>11. Talk Back to Negative Thoughts</td>
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<tr>
<td>3. Three Ways to Eat Less Fat and Fewer Calories</td>
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<td>13. Jump Start Your Activity Plan</td>
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<td>5. Move Those Muscles</td>
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<td>15. You Can Manage Stress</td>
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<td>7. Tip the Calorie Balance</td>
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The DPP at the NRAO

• All NRAO staff and adult dependents are welcome!
• Program begins early in 2013
• Weekly evening lifestyle meetings for the first 16 weeks
• Monthly meeting for the next six months
• See Marie or Jan for further information
• Questions?