

# NC PREVENTS DIABETES

## 1. OVERVIEW

NC Prevents Diabetes is a partnership between NC State University and the NC Division of Public Health with Blue Cross and Blue Shield of North Carolina to offer diabetes prevention programs (DPPs) to all North Carolinians regardless of insurance status. This project is made possible through \$5 million in funding from Blue Cross NC. This funding supports both online and onsite DPPs across the state by covering the program registration cost. The goal of the project is to remove the cost barrier to participate in a DPP.

Onsite DPPs are being offered by 26 providers across the state and were selected through a Request for Application process in early 2019. Eat Smart, Move More, Prevent Diabetes is the funded online DPP and is delivered in a real-time, interactive format with a live instructor.

## 2. STATEWIDE REACH

So far, this project has served North Carolinians in 89 of the 100 counties. More than 1,500 participants have been enrolled in DPPs as a result of the project:

- From January 2019 through February 2020, enrollment in the Eat Smart, Move More, Prevent Diabetes included 949 participants in 65 classes.
- From March 2019 through February 2020, enrollment in classes launched by funded onsite DPP providers included 582 participants in 53 classes.

## 3. OUTCOMES

DPPs are 12 months in duration and are recognized by the Centers for Disease Control and Prevention (CDC) when an approved curriculum is used, the program is delivered by a trained lifestyle coach and specific participant outcome measures are met.

As of March 2020, 12 DPP providers in the NC Prevents Diabetes project have received full recognition from the CDC. This is the highest level of recognition and acknowledges benchmarks in recruiting, retention, engagement, and an average weight loss of 5% for all reported participants.

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|----------------------------------|-------------------------------|
| 1. Catawba Valley Medical Center | 7. Transylvania Public Health |
| 2. Clay County Health Department | 8. Wilson Value Drug Store    |
| 3. Haywood County HHSA           | 9. YMCA of Northwest NC       |
| 4. Macon County DPP              | 10. YMCA of Southeastern NC   |
| 5. NC State University           | 11. YMCA of the Triangle      |
| 6. Southside Discount Pharmacy   | 12. YMCA of Western NC        |

Data analysis from 71 onsite and online classes that have Phase 1 of the program so far indicate an average weight loss of 7.4 lbs and a total of 6,300 lbs have been lost. The average completion rate for phase one of the program has been 76%.

#### 4. SUCCESS STORIES

“When I first started the Diabetes Prevention Program, I thought it was a challenge. This was a yearlong commitment to change my eating habits and to exercise more. This year has flown by! ... It was not hard for me to take one hour a week to attend classes.

In the classes we were instructed on the benefits of having a healthy lifestyle... we have formed lasting friendships among the participants. We were free to share our ups and downs and goals. I enjoy going to the YMCA and exploring all the different classes that are offered. There were a couple of surprises that have come out of me while attending these classes. One was that my husband got on board with me. He encouraged me and even joined me in the exercises. He has even become competitive in the amount of walking steps and food count. Additionally; we get together outside the class time to encourage and keep up with each other. But the very best surprise of all was the amount of weight that I lost, the boost in energy and self-esteem.”

*-- Participant, YMCA of Avery County*

I participated in an Eat Smart, Move More, Prevent Diabetes class throughout 2019. I learned so many things about choosing healthy habits and, as a result, really changed the way I look at diet and exercise. I achieved my goal of losing 5% of my body weight. I also gained confidence in my ability to live a healthier lifestyle.

The most significant thing that came out of the changes I made, however, were the changes in my cholesterol and HA1c. My cholesterol level is normal for the first time in many years and my HA1c is a number of points lower than when I began this journey. I couldn't have made these changes without the information I gleaned from the class and the support of my class instructor. She was positive, encouraging and non-judgmental. I always looked forward to and loved participating in the classes. I really have no doubt that I can continue to keep a focus on good health given the knowledge I gained. Thank you for this opportunity and experience!

*-- Participant, Eat Smart, Move More, Prevent Diabetes*

“Often, participants are struggling with work (sometimes multiple jobs) and family commitments. Finding time to cook healthy food, shop, and attend a weekly Diabetes Prevention meeting is a struggle. Lifestyle changes are both difficult to make and difficult to sustain. It does not take much for participants to put off attending a program like the Diabetes Prevention Program. By waiving the cost we are able to remove at least one obstacle to help participants begin taking steps toward making needed changes... The reason I continue to work as a Lifestyle Coach is the tremendous fulfillment I get when I see a group of participants helping one another... This program is a lifesaver, both physically and emotionally.”

*-- Lifestyle Coach, YMCA of Western NC*

For additional success stories, visit [www.ncpreventsdiabetes.com](http://www.ncpreventsdiabetes.com).