

Diabetes Prevention Program



BACKGROUND

More than 84 million US adults - that's 1 in 3 - have prediabetes. People with prediabetes are at high risk for type 2 diabetes, heart disease and stroke.

WorkWell NYC's Diabetes Prevention Program (DPP) offers convenient access to life-changing classes that empower employees to lead healthier lifestyles and reduce their risk for diabetes.

Leveraging a model developed by the Centers for Disease Control and Prevention (CDC), DPP is proven to reduce the risk of developing type 2 diabetes by nearly 60% through lifestyle changes resulting in a 5%-7% weight loss.

STRUCTURE

The DPP is a 1-year worksite program led by a CDC-certified Lifestyle Coach. The program consists of two separate phases:

Part I: During "Core", participants attend 16 one-hour weekly meetings that provide critical information on diet, nutrition, exercise and stress management. Together participants share ideas, challenges and successes and work to overcome obstacles and build new habits - all while lowering their risk of type 2 diabetes.

Part II: In the "Sustain" phase of the program, participants meet monthly for one-hour check-ins to reinforce the lessons learned during the first half of the program and support each other in maintaining a healthy lifestyle.

ELIGIBILITY

This is a FREE program offered to City employees. DPP is held during lunchtime (or other non-work time as identified by the worksite). Eligible employees will:



Be diagnosed with prediabetes or **at risk** for developing type 2 diabetes



Be 18 years or older (and not pregnant at time of enrollment)



Have a BMI > 25 (BMI >23 for people of Asian descent)

Participant Expectations

Individual success is shaped by commitment and active engagement in the program. Participants will be expected to:

- ✓ Attend sessions regularly and be on time
- ✓ Make up missed classes
- ✓ Check in with their lifestyle coach regularly
- ✓ Support their peers
- ✓ Participate in WorkWell NYC evaluation efforts to improve and expand the program

Agency Expectations

The success of this program is dependent upon the support of leadership at each participating agency. This includes:

- ✓ Assist in enrolling at least 50 participants (through information sessions, program marketing, etc.)
- ✓ Designate an on-site point of contact
- ✓ Secure an ongoing meeting space
- ✓ Support program efforts as needed (storing materials, printing handouts, etc.)

Ready to bring DPP to your worksite?

Email WorkWell NYC at workwell@olr.nyc.gov to get started. Please include:

- ✓ The name, title, email, and phone number of your Ambassador or on-site liaison. This will be the primary contact for WorkWell NYC staff.
- ✓ The number of employees at your location

To learn more:
workwell@olr.nyc.gov
www.nyc.gov/workwellnyc

COULD YOU HAVE PREDIABETES?

Prediabetes means a person's blood sugar (glucose) levels are higher than normal, but not high enough yet to be diagnosed with diabetes. Left untreated, prediabetes can progress into type 2 diabetes - a serious disease that can cause heart attack, stroke, blindness, kidney failure, or loss of limbs.

If 1 in 3 American adults has prediabetes, it could be you, your sibling, or your best friend. Take the risk test below to know where you stand.

TAKE THE TEST – KNOW YOUR SCORE!



Answer these seven simple questions. For each “Yes” answer, add the number of points listed. All “No” answers are 0 points.

Questions	Yes	No
Are you a woman who has had a baby weighing more than 9 pounds at birth?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Are you younger than 65 years of age and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Find your height on the chart below. Do you weigh as much as or more than the weight listed for your height?	5	0
Total (Add your score and check below for answers)		0

AT-RISK WEIGHT CHART



Height	Weight (lbs.)	Height	Weight (lbs.)
4' 10"	129	5' 8"	177
4' 11"	133	5' 9"	182
5' 0"	138	5' 10"	188
5' 1"	143	5' 11"	193
5' 2"	147	6' 0"	199
5' 3"	152	6' 1"	204
5' 4"	157	6' 2"	210
5' 5"	162	6' 3"	216
5' 6"	167	6' 4"	221
5' 7"	172		

*Adapted from the CDC Prediabetes Screening Test Tool. For more information, please visit www.cdc.gov/diabetes.

✓ If Your Score Is 3 To 8 Points

This means your prediabetes risk is probably low right now. Keep your risk low by taking care of your health. If you're overweight, lose weight. Be active most days and don't use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

! If Your Score Is 9 Or More Points

This means you are likely to have prediabetes and your risk for type 2 diabetes is high. However, only a doctor can tell you for sure if you have prediabetes or diabetes. Please make an appointment with your health care provider now. You can find a health care provider in your network by visiting nyc.gov/HBP.

Find more information about diabetes and pre-diabetes by visiting:

