



## **What is the Diabetes Prevention Program (DPP)?**

The DPP is a year-long lifestyle change program for people at risk for developing Type 2 diabetes, and is based on research funded by the National Institutes of Health. Research showed that among those with prediabetes, there was a **58 percent reduction** in new cases of diabetes and a **71 percent reduction** in new cases for those age 60 or older. Program participants meet in an interactive and supportive virtual group setting facilitated by a lifestyle coach to discuss individual goals, share experiences and offer support for one another. The group meets using Webex, though participants may choose to phone in. These one-hour sessions are held weekly for four months, then transition to every other week for two months, and then held monthly for the remaining six months. To learn more about this program, watch these videos: [Suzi Gomez](#) or [Corinne Tiliano](#)

### **This is what some of our participants are saying:**

*"Between the material supplied in the sessions, the discussions among our group, and the support from the coach, I've learned to modify many bad habits."*

*"The camaraderie and support of the group was wonderful and really helped everyone in the group succeed."*

*"This is the first time I attempted any program like this and the results have been outstanding."*

### **Who is eligible to attend DPP sessions?**

Participants must:

- be 18 years of age or older
- not be pregnant at the time of enrollment
- have a body mass index (BMI) greater than or equal to 25 if not Asian American
- have a BMI greater than or equal to 23 if Asian American
- Have a blood test meeting one of these specifications:
  - fasting blood glucose of 100 to 125 mg/dl
  - plasma glucose measured 2 hours after a 75 gram glucose load of 140 to 199 mg/dl
  - HgbA1c of 5.7 to 6.4
  - clinically-diagnosed gestational diabetes mellitus during a previous pregnancy
- a positive screening for prediabetes based on the CDC Prediabetes Screening (score 5 or more): [Prediabetes Risk Test](#)
- not have a previous diagnosis of Type 1 or Type 2 diabetes prior to enrollment

**How to Participate:** For more information or to enroll in the program please email: [wes.prediabete@marshfieldclinic.org](mailto:wes.prediabete@marshfieldclinic.org)

## **What is the Diabetes Self-Management Education and Support (DSMES) Program?**

Diabetes Self-Management Education and Support (DSMES) provides participants with information, tools, and support to take control of their diabetes. Participants will receive an individual assessment by a diabetes educator who will share relevant information about diabetes management. The program focuses on personal health habits and ways to prevent, recognize and treat long-term complications. Skills you will learn to self-manage your diabetes include:

- Blood sugar testing and control methods
- Use of medications medicines
- Meal planning and grocery shopping
- Physical activity and exercise

Managing diabetes will involve lifestyle changes for you and your family. The DSMES program identifies community resources, including support groups, exercise facilities, financial assistance and other supportive services. Patients who have completed the Marshfield Clinic Health System's DSMES program experience an average **decrease in their HgbA1c of 1% or greater.**

**Who is eligible to receive DSMES services?** DSMES is available to individuals who have a diabetes diagnosis. Diabetes education is recommended for people who:

- have been newly diagnosed with diabetes.
- have a change in medications, nutrition or exercise program
- want to improve their diabetes control.

**How to Participate:** Ask your health care provider or care manager for a referral to the DSMES program. It is conveniently offered in-person at many MCHS centers and anywhere through telehealth.