

Background

More than 11% of Utah adults have been diagnosed with prediabetes, and nearly 8% have been diagnosed with diabetes.¹ An evidence-based lifestyle change program is a structured program that uses research to provide education and coaching to improve health behaviors, including eating well, being active, staying motivated, and maintaining changes over time.² These programs have been shown to reduce the risk of developing diabetes and improve self-management of chronic disease.

National Diabetes Prevention Program (National DPP)	Diabetes Self-Management Education and Support (DSMES)	Living Well with Diabetes (DSMP)
<p>The goal of the National DPP is to prevent or delay type 2 diabetes by helping participants make modest lifestyle changes over the course of one year. Participants set individual goals to lower their body weight by 5-7% and to increase physical activity to at least 150 minutes per week. The program is led by trained lifestyle coaches who support participants in making changes to their lifestyle.</p> <p>To qualify: 18 years or older and a blood test in the prediabetes range, a previous diagnosis of gestational diabetes, or receive a 5 or higher on the prediabetes risk test.</p> <p>Cost: Varies based on insurance</p> <p>Physician referral: Yes</p> <p>Hours per series: 24 hours over a 12-month duration</p> <p>Languages offered: English & Spanish</p> <p>Find a workshop here</p>	<p>Diabetes Self-Management Education and Support (DSMES) services help people with diabetes learn how to take the best care of themselves by improving their diabetes self-management skills, including managing blood sugar, improving health, and preventing or delaying complications. DSMES is provided by a healthcare team specialized in diabetes management and can lower your risk of complications and improve your blood sugars.</p> <p>To qualify: Diagnosed with type 1, type 2, or gestational diabetes</p> <p>Cost: Varies based on insurance</p> <p>Physician referral: Yes</p> <p>Hours per series: Up to 10 hours in the first year with 2 hours follow-up per year</p> <p>Languages offered: English & Spanish</p> <p>Find a workshop here</p>	<p>The Living Well with Diabetes Program is a 6 week program led by non-health professionals and covers topics such as monitoring blood sugar, healthy eating, foot care, and exercise. It provides techniques to deal with depression and frustration related to diabetes.</p> <p>To qualify: 18 years or older with diabetes or prediabetes OR living with someone with diabetes or prediabetes</p> <p>Cost: Free</p> <p>Physician referral: No</p> <p>Hours per series: 6-week course, 2.5 hours per class</p> <p>Languages offered: English & Spanish</p> <p>Find a workshop here</p>

There are many other lifestyle change programs available to improve health and well-being, including Stepping On, Walk With Ease, and Living Well with Chronic Conditions. More information can be found on the Healthy Aging Program website: <https://healthyaging.utah.gov/livingwell/>.

References

1. Utah Department of Health and Human Services, Indicator-Based Information System (IBIS). https://ibis.utah.gov/ibisph-view/query/result/brfss/LandlineCellCrude_Diab/Diab.html

2. Centers for Disease Control and Prevention. (2024). *Talking to Patients about the National Diabetes Prevention Program*. <https://www.cdc.gov/diabetes-prevention/hcp/lifestyle-change-program/index.html#:~:text=Benefits%20to%20your%20patients,Staying%20motivated>