

Diabetes evidence-based lifestyle change programs

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)

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.

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](#).

Cost: Varies based on insurance

Physician referral: Yes

Hours per series: 24 hours over a 12-month duration

Languages offered: English & Spanish

Find a workshop [here](#)

Diabetes Self-Management Education and Support (DSMES)

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.

To qualify: Diagnosed with type 1, type 2, or gestational diabetes

Cost: Varies based on insurance

Physician referral: Yes

Hours per series: Up to 10 hours in the first year with 2 hours follow-up per year

Languages offered: English & Spanish

Find a workshop [here](#)

Living Well with Diabetes (DSMP)

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.

To qualify: 18 years or older with diabetes or prediabetes OR living with someone with diabetes or prediabetes

Cost: Free

Physician referral: No

Hours per series: 6-week course, 2.5 hours per class

Languages offered: English & Spanish

Find a workshop [here](#)

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

- 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
- 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>