

Diabetes Free NC

*Reducing the risk of type 2 diabetes
for North Carolinians*



Cost of Diabetes

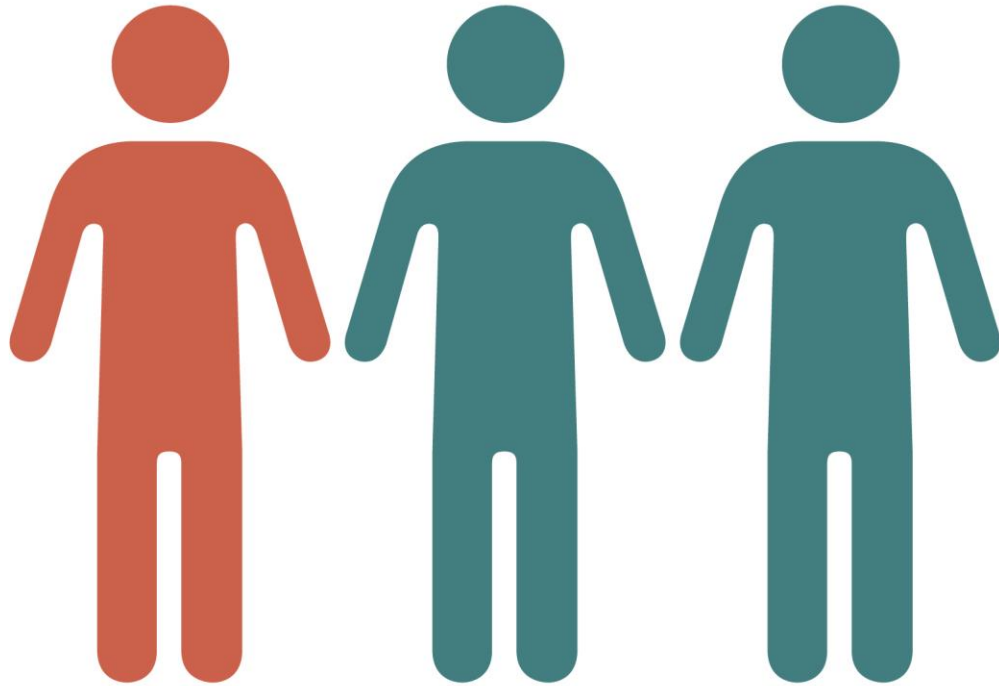


NEW CASES
OF DIABETES
EVERY YEAR



ADDITIONAL MEDICAL COST
PER YEAR PER PERSON
WITH DIABETES

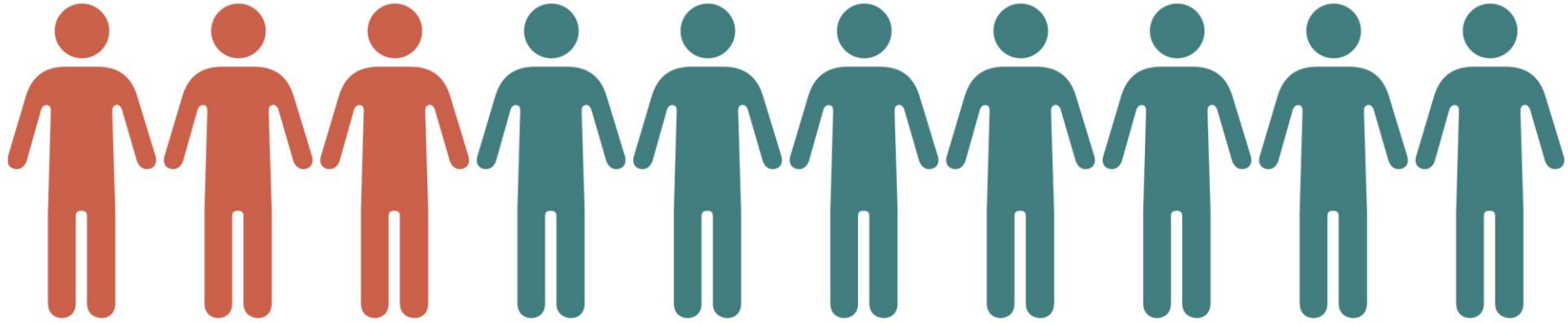
Why choose a Diabetes Prevention Program?



**One out of
three** adults in
the nation has
pre-diabetes.

Source: Centers for Disease Control and Prevention, National Diabetes Prevention Program

Why choose a Diabetes Prevention Program?



Without intervention, **up to 30%** of people with pre-diabetes will develop type 2 diabetes within 5 years.

Source: Centers for Disease Control and Prevention, National Diabetes Prevention Program

Why choose a Diabetes Prevention Program?



A structured lifestyle change program can help cut the risk for developing type 2 diabetes by **58%** for people with pre-diabetes.

Source: Centers for Disease Control and Prevention, National Diabetes Prevention Program

Diabetes Free NC

NC STATE UNIVERSITY



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

SUPPORTED BY



BlueCross BlueShield
of North Carolina

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) across the state regardless of insurance status.

Diabetes Free NC GOAL



To remove the barrier of cost to participate in a diabetes prevention program.

Diabetes Free NC **PARTNERS**

- American Medical Association
- NC Academy of Family Physicians
- NC Alliance of YMCAs
- NC Diabetes Advisory Council
- NC Medical Society
- NC Office of Rural Health



Diabetes Free NC STATEWIDE MARKETING



Working with FHI 360 to
conduct a statewide digital
marketing campaign.

CDC Eligibility Requirements for DPP



18 YEARS
AND OLDER

AND



OVERWEIGHT

AND



DIAGNOSED
WITH PREDIABETES

OR



PREVIOUSLY
DIAGNOSED WITH
GESTATIONAL
DIABETES

No previous diagnosis of diabetes.

CDC Eligibility Requirements for DPP

Must score **five or higher** on the risk test.

Prediabetes Risk Test

1. How old are you? Write your score in the boxes below

Younger than 40 years (0 points) _____

40–49 years (1 point) _____

50–59 years (2 points) _____

60 years or older (3 points) _____

2. Are you a man or a woman?

Man (1 point) _____

Woman (0 points) _____

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

Yes (1 point) _____

No (0 points) _____

4. Do you have a mother, father, sister, or brother with diabetes?

Yes (1 point) _____

No (0 points) _____

5. Have you ever been diagnosed with high blood pressure?

Yes (1 point) _____

No (0 points) _____

6. Are you physically active?

Yes (0 points) _____

No (1 point) _____

7. What is your weight category?

(See chart at right) _____

Total score:

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

Diabetes Free NC **ELIGIBILITY**

- North Carolina resident
- Meets the CDC eligibility criteria
- Enrolls with a funded DPP provider
27 funded providers (26 onsite and 1 online)



Funded Providers – Onsite

The following providers have been selected to offer no-cost onsite DPPs:

- Allcare Pharmacy Services
- Beaufort County Health Dept.
- Catawba Valley Health System
- Clay County Health Dept.
- Cleveland County Family YMCA
- Cone Health
- Dare County Health Dept.
- ECU Brody School of Medicine Dept. of Family Medicine
- Goldsboro Family YMCA
- Haywood County HHSA
- Hertford Health Maintenance Alliance
- Macon County Health Dept.
- Moose Drug Company
- Prevo Drug
- Realo Discount Drug
- Southside Discount Pharmacy
- Transylvania County Health Dept.
- Wilson Value Drug Store
- YMCA of Avery County
- YMCA of Greater Charlotte
- YMCA of Greensboro
- YMCA of Northwestern NC
- YMCA of Southeastern NC
- YMCA of the Sandhills
- YMCA of the Triangle
- YMCA of Western NC

Funded Provider – Online



A CDC-recognized DPP offered by NC State University and the NC Division of Public Health, is the funded-online option.

Funded Providers

All DPPs supported by this funding are CDC-recognized programs.

Onsite:

Visit **diabetesfreenc.com** to
find a funded provider.



Online:

Visit
esmmpreventdiabetes.com for
online class options.



North Carolinians CAN prevent diabetes.

A diabetes
prevention
program
can help.

North Carolinians can participate in a diabetes prevention program for FREE (a \$430 value).



1 in 3 U.S. adults has prediabetes,
but many do not know that they have it.

During a 12-month, CDC-recognized diabetes prevention program, you will:

- Potentially reduce your risk for developing type 2 diabetes.
- Receive support from your instructor, a trained lifestyle coach.
- Connect with others working on similar goals as you.
- Develop strategies for healthy eating and physical activity.
- Learn ways to manage stress.

Visit
diabetesfreenc.com
to find out:

- Do I have prediabetes?
- Am I eligible to participate in a diabetes prevention program?
- Where can I find a program?

To find a program, visit diabetesfreenc.com

diabetesfreenc.com

NC STATE UNIVERSITY

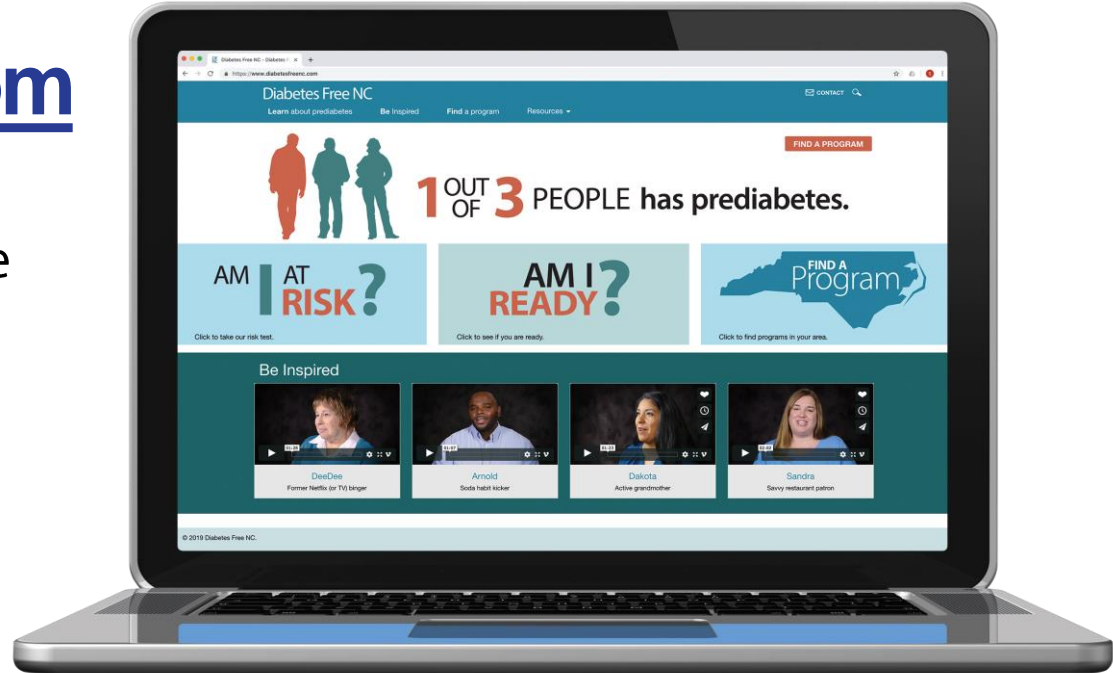


SUPPORTED BY



[diabetesfreenc.com](https://www.diabetesfreenc.com)

Portal for all CDC-recognized DPPs offered onsite and online in North Carolina.





FIND A PROGRAM

1 OUT OF 3 PEOPLE has prediabetes.

AM I AT RISK?

Click to take our risk test.

AM I READY?

Click to see if you are ready.



Click to find programs in your area.

Be Inspired



01:28

DeeDee

Former Netflix (or TV) binger



01:55

Marie

Revitalized home cook



01:48

Vicki

SMART goal setter



01:33

Naomi

Healthy lunch packer

Learn About Prediabetes

Prediabetes is when blood glucose (sugar) levels in your blood are higher than normal, but not high enough to be diagnosed with diabetes.

Insulin helps your body to change sugars and starches into energy. Your blood glucose levels increase when your body isn't making enough insulin or insulin isn't working as effectively as it has in the past.

Approximately 1 in 3 adults in the United States has prediabetes. There are no symptoms of prediabetes. Many people find out they have prediabetes when they go to a health care professional and have their blood glucose tested.

Risk factors for prediabetes include:

- being age 45 years or older
- being overweight
- having a family history of type 2 diabetes
- having high blood pressure
- leading a sedentary lifestyle
- having had gestational diabetes or given birth to a baby over 9 pounds

If you have prediabetes this does not mean that you WILL develop type 2 diabetes. YOU can reduce your risk of type 2 diabetes by losing weight, becoming more physically active, and reducing stress.

Take the test to determine your risk of developing type 2 diabetes, it's only a few questions: [RISK TEST](#).



Diabetes Prevention Programs

Diabetes Prevention Programs (DPPs) are classes designed to empower people at risk for prediabetes to take charge of their health and well-being.

If you are ready to make the changes needed to prevent type 2 diabetes, keep reading.

This proven lifestyle change program can help you prevent or delay type 2 diabetes.

During the 12-month program you will:

- Work with a trained lifestyle coach
- Receive support from others working on the same goals as you
- Be empowered to make healthy eating and physical activity choices
- Achieve and maintain a healthy weight
- Identify ways to manage stress
- Implement strategies to stay motivated
- Attend classes either in-person or online

[Find a Program](#)



Please click to enlarge graphic

PREDIABETES COULD IT BE YOU?

86 MILLION 86 million American adults—more than 1 out of 3—have prediabetes

1 out of 3 people with prediabetes do not know they have it

9 out of 10 people with prediabetes do not know they have it

AT RISK Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of: TYPE 2 DIABETES HEART DISEASE STROKE

If you have prediabetes, losing weight by LIVING HEALTHY BEING MORE ACTIVE can cut your risk of getting type 2 diabetes in **HALF**

Without weight loss and moderate physical activity 15-30% of people with prediabetes will develop type 2 diabetes within 5 years

People who have diabetes are at higher risk of serious health complications:

BLINDNESS AMPUTATED LIMBS HEART DISEASE STROKE LOSS OF FEET, PART, OR LIMB

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES – See your doctor to get your blood sugar tested

JOIN A CDC-RECOGNIZED diabetes prevention program

✓ eat healthy
✓ be more active
✓ lose weight

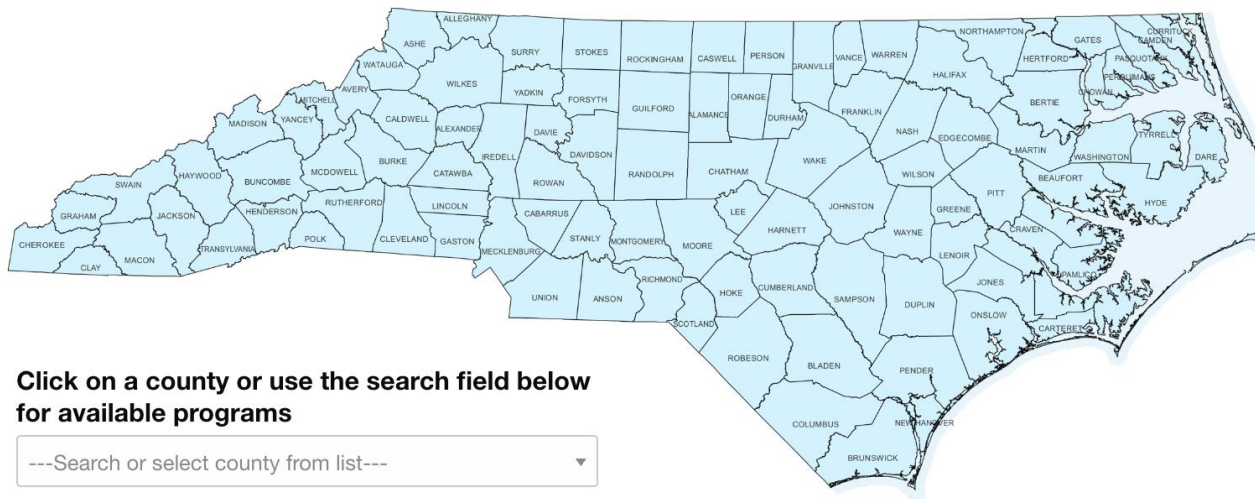
LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK QUIZ** AT <http://www.cdc.gov/diabetes/prevention>

©2014 CDC. All rights reserved. Diabetes prevention programs are designed to help people at risk for type 2 diabetes. CDC is not responsible for any adverse effects of any program. CDC is not responsible for any adverse effects of any program. CDC is not responsible for any adverse effects of any program. CDC is not responsible for any adverse effects of any program.

CDC's Division of Diabetes Translation works toward a world free of the burden of diabetes. Information on diabetes prevention programs is available at www.cdc.gov/diabetes/prevention.

Find a Program

CDC-recognized diabetes prevention programs in North Carolina

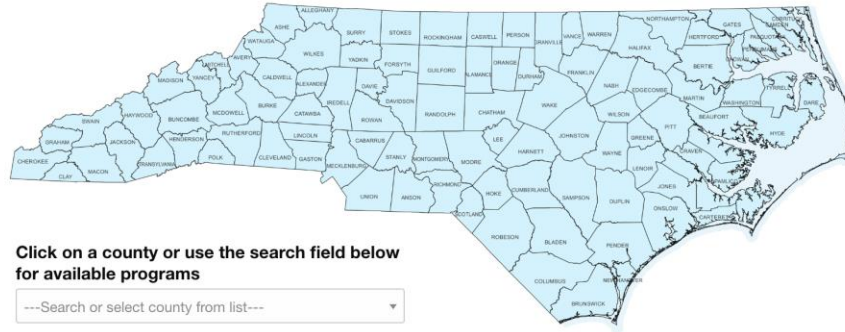


Please [Contact Us](#) if you are a DPP provider and would like to update your program contact information.

(UPDATED ON 03/27/2019)

Find a Program

CDC-recognized diabetes prevention programs in North Carolina



Click on a county or use the search field below for available programs

---Search or select county from list---

Onsite Programs in Orange County

Orange County Health Department

300 West Tryon St.
Hillsborough, North Carolina 27278
(919) 245-2400

YMCA of the Triangle

*Free/Low-Cost Class

801 Corporate Center Dr.
Suite 200
Raleigh, North Carolina 27607
www.ymcatriangle.org
Amy.Ward@ymcatriangle.org
919-582-9396

Available Online Programs

Eat Smart, Move More, Prevent Diabetes

*Free/Low-Cost Class



See Class Times

Betr Health

<https://betrhealth.com/>
(877) 677-8767

Community Health Partners

<https://ghfs.info/>
(704) 874-1962

Please [Contact Us](#) if you are a DPP provider and would like to update your program contact information.

(UPDATED ON 03/27/2019)

Onsite Programs in Guilford County

Alex W. Spears III YMCA

*Free/Low-Cost Class

3216 Horse Pen Creek Road
Greensboro, North Carolina 27410

<https://www.ymcagreensboro.org/programs/specialty-programs/diabetes-prevention-program>

tracie.heavner@ymcagreensboro.org

336-478-9622 x240

This class has online components

Cone Health Nutrition and Diabetes Education Services

*Free/Low-Cost Class

301 E Wendover Ave
Suite 415

Greensboro, North Carolina 27401

www.conehealth.com/diabetes

336-832-3236

Family Primary Care, PLLC

200 Greensboro Rd.

High Point, North Carolina 27260

(336) 717-2274

Guilford County DHHS Public Health Division

1203 Maple St.

Greensboro, North Carolina 27405

(336) 641-4102

Hayes-Taylor Memorial YMCA

*Free/Low-Cost Class

2630 East Florida Street
Greensboro, North Carolina 27401

<https://www.ymcagreensboro.org/programs/specialty-programs/diabetes-prevention-program>

tracie.heavner@ymcagreensboro.org

336-478-9622

Kathleen Price Bryan Family YMCA

*Free/Low-Cost Class

501 West Market Street
Greensboro, North Carolina 27410

www.ymcagreensboro.org

tracie.heavner@ymcagreensboro.org

336-478-9622

This class has online components

Available Online Programs

Eat Smart, Move More, Prevent Diabetes

*Free/Low-Cost Class



Betr Health

<https://betrhealth.com/>

(877) 677-8767

Community Health Partners

<https://ghhs.info/>

(704) 874-1962

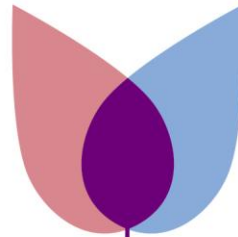
NC STATE UNIVERSITY



North Carolina Public Health
Working for a healthier and safer North Carolina
Everywhere. Everyday. Everybody.

**NATIONAL
DIABETES
PREVENTION
PROGRAM**

Recognized as a provider of the
Centers for Disease Control and
Prevention's (CDC) National Diabetes
Prevention Program (NDPP)



Eat Smart | Move More

Prevent Diabetes[®]

Online

What is Eat Smart, Move More, Prevent Diabetes?

A 12-month online program delivered in real-time with a **live** instructor. Participants can see and hear their instructor while interacting with classmates.



What is Eat Smart, Move More, Prevent Diabetes?



What makes Eat Smart, Move More, Prevent Diabetes **unique**?



Ideal for those who don't have an onsite program available.



What makes Eat Smart, Move More, Prevent Diabetes **unique**?



Appeals to those that prefer the convenience of an online program.



What makes Eat Smart, Move More, Prevent Diabetes **unique**?



Provides lunchtime
and early to late
evening classes.



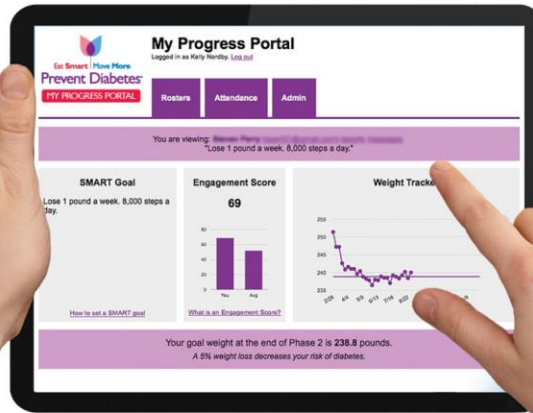
What makes Eat Smart, Move More, Prevent Diabetes **unique**?

Allows frequent program offerings throughout the year minimizing wait time to start a program.



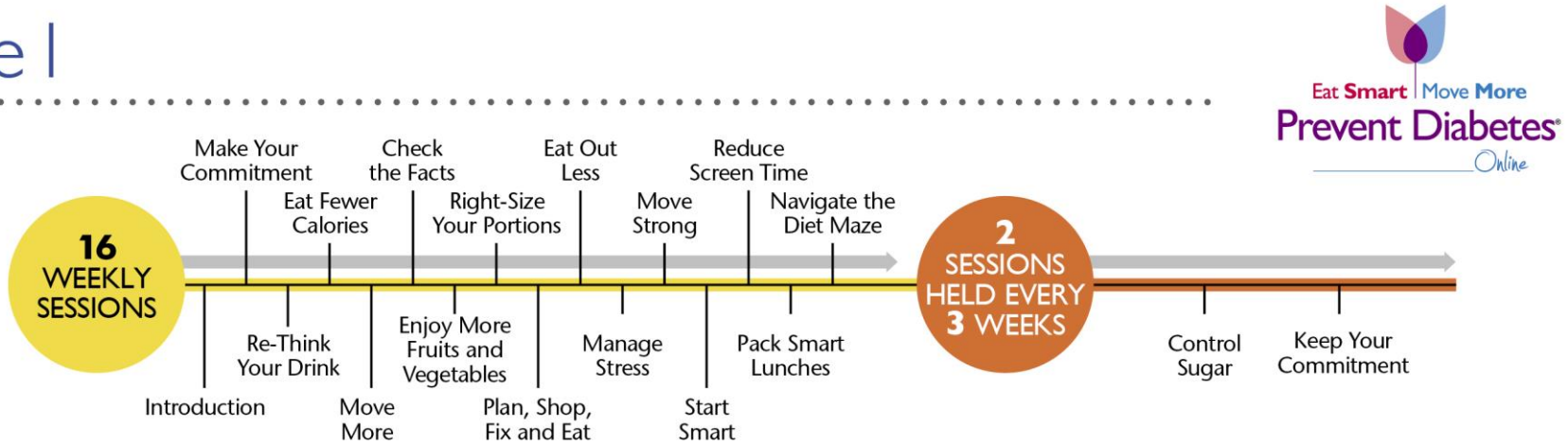
What is Eat Smart, Move More, Prevent Diabetes?

One-on-one support is provided through a **secure online portal**. Participants use the portal to track their progress and communicate with their instructor.



Eat Smart, Move More, Prevent Diabetes Timeline

Phase I



Phase II



Marketing Materials

A diabetes-free life
is within reach.



FREE PROGRAM

North Carolinians only pay \$30
and receive ALL \$30 back for
meeting attendance and tracking
requirements (a \$430 value).



During the 12-month ONLINE program you will:



See the program's **TIMELINE**
and **CLASS TITLES** on the back. →

For class times and to register for an upcoming class, go to: esmmpreventdiabetes.com



NC STATE UNIVERSITY



SUPPORTED BY
 BlueCross BlueShield
of North Carolina





Questions?

For more information contact:

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surabhi_aggarwal@ncsu.edu

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