

**WELL-AHEAD**



WELLAHEADLA.COM

**PRESENTS...**

**“Living Well With Diabetes”**

March 28, 2024

1-2pm



# Welcome



**AVIS RICHARD | BUREAU DIRECTOR**  
**BUREAU OF CHRONIC DISEASE PREVENTION**  
**AND HEALTHCARE ACCESS**  
Office of Public Health | Louisiana  
Department of Health





**Dragana Lovre, M.D.**

Associate Professor of Medicine  
Section of Endocrinology and Metabolism  
Tulane University Health Sciences Center





## **Tammy Son**

**Diabetes Program Manager, Tobacco Control and Chronic  
Disease Prevention**

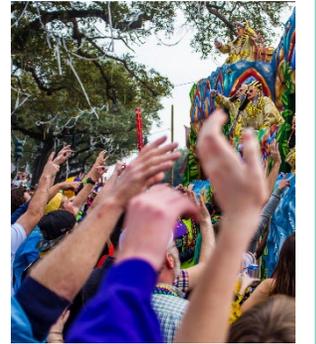
**National DPP State Quality Specialist | DSMES State  
Specialist**

Well-Ahead Louisiana

Louisiana Department of Health | Office of Public Health



# PREVENTING TYPE 2 DIABETES IN LOUISIANA



Louisiana is ranked 50<sup>th</sup> in the nation for overall health



# Diabetes

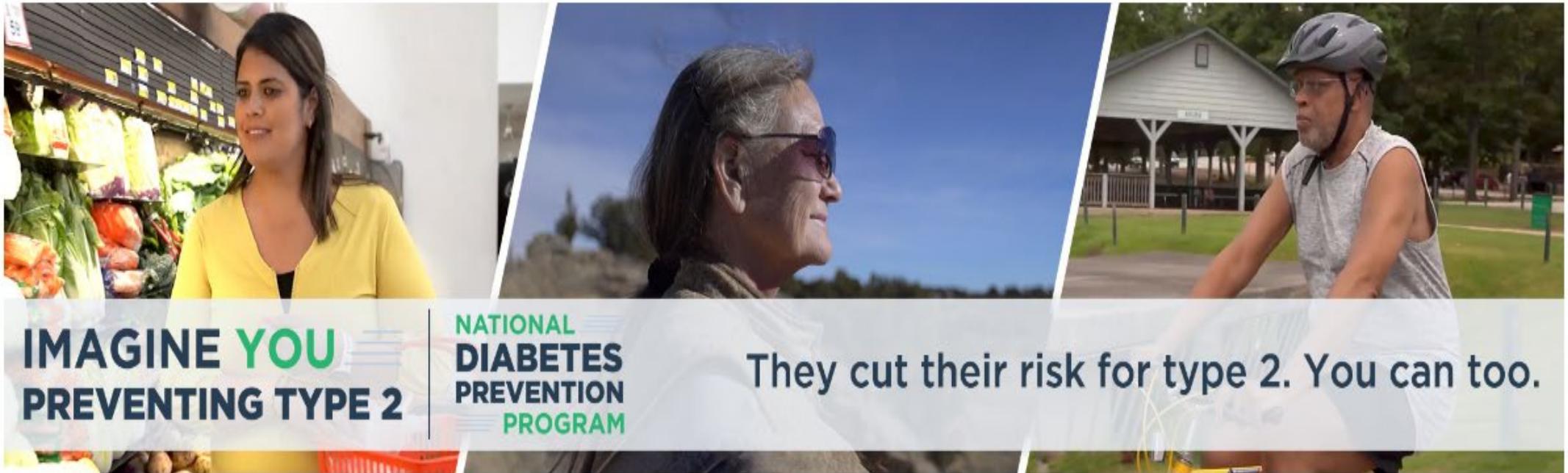
---



Louisiana has the **3<sup>rd</sup>** highest diabetes rate in the nation, affecting **14.2%** of the population.

# Can Type 2 Diabetes Be Prevented?

Imagine You Preventing Type 2



**IMAGINE YOU**  
**PREVENTING TYPE 2**

**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**

They cut their risk for type 2. You can too.

# National Diabetes Prevention Program (National DPP)

- Evidence-based, CDC-recognized lifestyle change program created to address the increasing burden of prediabetes and type 2 diabetes in the United States



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting



Deliver the lifestyle change program through organizations nationwide



Increase referrals to and participation in the lifestyle change program

# Core Elements of the National DPP Lifestyle Change Program



**A TRAINED  
LIFESTYLE COACH**

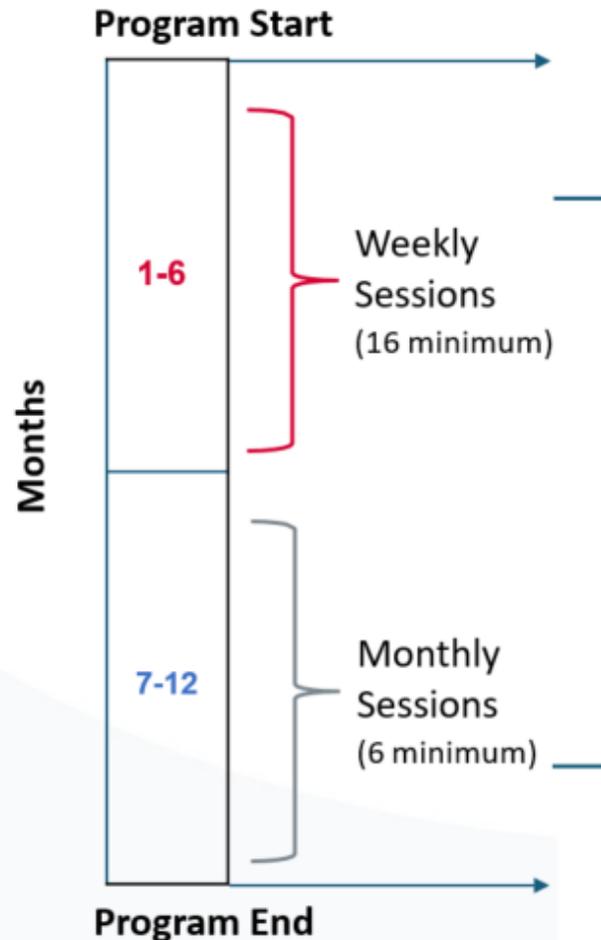


**CDC-APPROVED  
CURRICULUM**



**GROUP SUPPORT  
OVER THE COURSE  
OF A YEAR**

# The National DPP Lifestyle Change Program



**PROGRAM GOAL:** Help participants make lasting behavior changes such as eating healthier, increasing physical activity, and improving problem-solving skills

**Example modules covered in core phase:**

- Eat Well to Prevent T2
- Burn More Calories Than You Take In
- Manage Stress
- Keep Your Heart Healthy

**Sessions facilitated by a trained lifestyle coach**

- Can be a peer educator/Community Health Worker

**PARTICIPANT GOAL:** Lose 5 – 7% of body weight

# Prediabetes Risk Test: Now's the Time

- <https://nowsthetimela.com/>

**Now's the Time.** Take this test to find out if you're living with prediabetes.

Fill in the boxes below with your scores.

- 1. How old are you?**

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 woman or man?**

Woman (0 points)

Man (1 point)
- 3. What race/ethnicity best describes you?**

Black or African America (1 point)

White or Caucasian (0 points)

Hispanic or Latino (1 point)

Asian American (1 point)

American Indian or Alaska Native (1 point)

Native Hawaiian or Other Pacific Islander (1 point)

Other (0 points)
- 4. Do you have a mother, father, sister, or brother with diabetes?**

No (0 points)

Yes (1 point)
- 5. Have you ever been diagnosed with high blood pressure?**

No (0 points)

Yes (1 point)
- 6. Are you physically active?**

Yes (0 points)

No (1 point)
- 7. What is your weight category?** (see chart on back)

**TOTAL**

**Did you score a 5 or higher?**

You may be at an increased risk for having prediabetes and type 2 diabetes.

The good news is that you can take steps to reduce your risk! There are lifestyle change programs, known as National Diabetes Prevention Programs (NDPP), where you can:

- Connect with a dietitian
- Meet others like you who want to protect what's important by making healthy changes and lowering their chance of getting type 2 diabetes
- Take part in weekly classes followed by six monthly maintenance sessions

To enroll in a local NDPP or to learn more, go to [NowstheTimeLA.com/find-an-ndpp](https://nowsthetimela.com/find-an-ndpp)

Height	Weight (pounds)		
4'10"	119+	143+	181+
4'11"	124+	148+	186+
5'0"	129+	153+	191+
5'1"	135+	158+	196+
5'2"	139+	164+	201+
5'3"	141+	169+	206+
5'4"	145+	174+	211+
5'5"	150+	180+	216+
5'6"	155+	185+	221+
5'7"	159+	191+	226+
5'8"	164+	197+	231+
5'9"	169+	203+	236+
5'10"	174+	209+	241+
5'11"	179+	215+	246+
6'0"	184+	221+	251+
6'1"	189+	227+	256+
6'2"	194+	233+	261+
6'3"	200+	240+	266+
6'4"	205+	246+	271+
Points	1 Point	2 Points	3 Points
	If you weigh less than the numbers listed by your height, enter 0 points.		

National Diabetes Prevention Program Information



This public document was published at a total cost of \$623.00. Five thousand (5,000) copies of this public document were published in the fifth printing at a cost of \$620.00. The total cost of all printings of this document, including inserts, is \$1,120.76. This document was published by CDC-Population Support Services, 827 North 4th Street, Baton Rouge, LA 70802 for the Louisiana Department of Health to provide information on the risk of prediabetes. This material was printed in accordance with standards for printing by state agencies established in R.S. 45:51. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention

# On Your Way to Preventing T2D

---



On Your Way to Preventing  
**Type 2 Diabetes**



# Starting Point

---

Starting Point: What's motivating you to take this journey? What new version of yourself are you trying to create?



# First Stop: Set a Weight Loss Goal



Action	Example
Weigh yourself first thing in the morning for the most accurate results and record the number.	<b>240</b> pounds
Determine 5% of your current weight.	Take off the last digit of your weight: 24 Divide in half: 12 <i>To lose 5%, a 240-pound person would need to lose 12 pounds.</i>
Subtract that number from your current weight to determine your goal weight.	<b>240</b> <b><u>- 12</u></b> <b>228</b> <i>A 240-pound person's goal weight would be 228 pounds.</i>

# Second Stop: Make a Nutrition Plan for Healthier Eating

---

Some basics to get started:



Choose these foods and drinks **more** often:

- **Non-starchy vegetables** such as peppers, mushrooms, asparagus, broccoli, and spinach
- **Fruits**
- **Lean protein** such as fish, chicken, turkey, tofu, eggs, and yogurt
- **Whole grains** such as quinoa, brown rice, and steel-cut oatmeal
- **Water and unsweetened beverages**



Choose these foods and drinks **less** often:

- **Processed foods** such as packaged snacks, packaged meat, chips, granola bars, sweets, and fast foods
- **Trans fat**, found in things such as margarine, snack food, packaged baked goods, and many fried foods
- **Sugary drinks** such as fruit juice, sports drinks, and soda
- **Alcohol**

# Keep Moving: Set an Activity Goal for Healthier Movement



Goals:	Number of days a week being active:	How many active minutes each time:	Total number of active minutes each week:	Goal date:
My physical activity goal for now:	3	20	60	March 1
My intermediate physical activity goal:	4	30	120	April 15
My ultimate physical activity goal:	5	30	150	May 31

# Track Your Progress

---



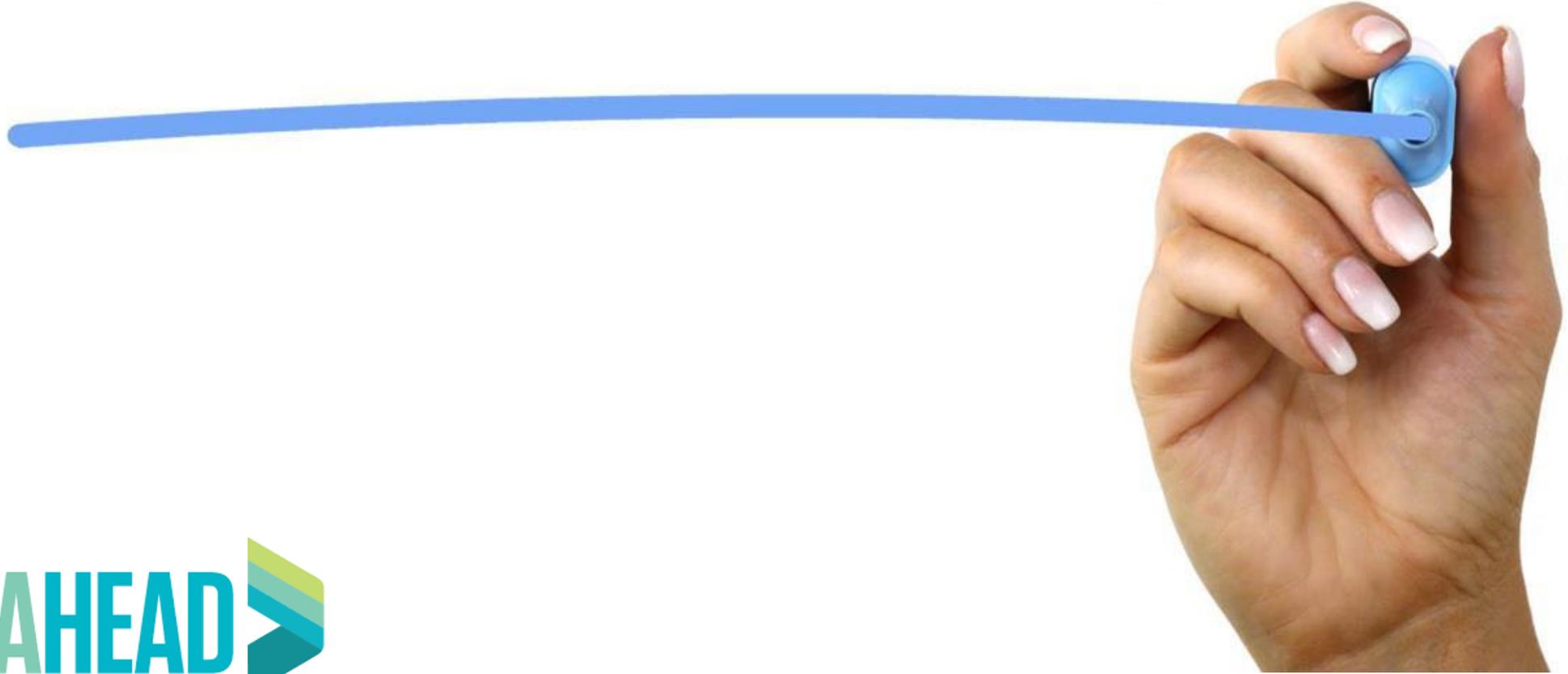
# Prepare for the Long Run

---



- Get support
- Go online
- Remember, your doctor, physician assistant , or nurse practitioner can help you meet your goals.
- Look ahead.

# QUESTIONS



# Closing Remarks



**AVIS RICHARD | BUREAU DIRECTOR**  
**BUREAU OF CHRONIC DISEASE PREVENTION**  
**AND HEALTHCARE ACCESS**  
Office of Public Health | Louisiana  
Department of Health

