

## The burden of diabetes in Rhode Island and in healthcare.

It is estimated that **84 million Americans** have prediabetes.

**294,000 people in Rhode Island**, 36.4% of the adult population, have prediabetes.

Among adults with prediabetes, only **11.6%** report being told by a health professional that they have this condition.

**Without lifestyle changes**, people with prediabetes are very likely to progress to type 2 diabetes.

Health care costs for Americans with diabetes are **2.3 times greater** than those without diabetes.



**\$1 in \$7** health care dollars are spent treating diabetes and its complications.



*Regular physical activity is encouraged and tracked in the Diabetes Prevention Program.*

*The Diabetes Prevention Program is part of the National Diabetes Prevention Program, led by the Centers for Disease and Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC.*



**Lifespan  
Community Health  
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**Lifespan Community  
Health Institute**

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**State of Rhode Island Employees  
Diabetes Prevention Program**

**To register, please click on the link below to sign up. A member of the Lifespan Community Health Institute will contact you for next steps!**

[Lifespan.org/diabetesprevention](https://lifespan.org/diabetesprevention)

**Lifespan Community  
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## Diabetes Prevention Program

**For State of Rhode Island  
Employees and Dependents\***



A FREE program to prevent the onset of diabetes.



**Lifespan  
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# Diabetes Prevention Program



Participants achieve weight loss by making lifestyle changes.

The Diabetes Prevention Program, an evidence-based program, teaches people at risk for developing diabetes how to implement a healthy lifestyle with the goal of preventing or

delaying the onset of type 2 diabetes.

The program is offered to eligible employees and dependents covered under the State medical plan(s) at no cost.



For a person weighing 200 pounds, we aim for weight loss of 10 to 14 pounds.

The program aims to have participants achieve weight loss of just 5 to 7 percent of their body weight.

Specifically, participants learn:

- ◆ How to fit exercise into their daily routine in order to lose weight,
- ◆ Ways to eat a healthy diet by adding more fruits and vegetables, and
- ◆ How to avoid diabetes through the CDC-approved curriculum.

## What should participants expect?



Participants receive:

- ◆ Weekly 1-hour sessions for at least 16 weeks (within a 6-month period) with a trained lifestyle coach to guide and encourage them.
- ◆ 6 months of 1-hour follow-up sessions with the lifestyle coach to help maintain the healthy lifestyle behaviors.
- ◆ Peer support in a group format from other participants with the same goals.
- ◆ Healthy recipes to prepare at home.



In addition to health benefits, if you complete the in-person program, you will be eligible for a one-time taxable incentive payment of \$500 at the completion of the course. Only State employees are eligible for this benefit.

Visit the [Office of Employee Benefits website](#) for specific incentive information.



## Who qualifies for the program?

Per the CDC Participants must:

- ◆ Be at least 18 years old.
- ◆ Be overweight

(body mass index  $\geq 25$ ;  $\geq 23$  if Asian).

- ◆ Have no previous diagnosis of type 1 or type 2 diabetes.
- ◆ Meet one of the following criteria
  - ⇒ Have a blood test result in the prediabetes range within the past year:
    - ◆ Hemoglobin A1C: 5.7%–6.4% or
    - ◆ Fasting plasma glucose: 100–125 mg/dL or
    - ◆ Two-hour plasma glucose (after a 75 mg glucose load): 140–199 mg/dL, OR
  - ⇒ Be previously diagnosed with gestational diabetes.



Healthy cooking demonstrations are an optional component of the program.

Previous program participants who meet the above criteria are eligible to retake the class.

### State of Rhode Island Employees Diabetes Prevention Program

**\*Employee and/or dependent must be covered by a State Employee Anchor Medical Plan.**

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