

National Diabetes Prevention Program in Iowa

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The National Diabetes Prevention Program (NDPP) is a program that can help prevent or delay type 2 diabetes for people with prediabetes. An estimated 1 in 3 adults in Iowa have prediabetes. People with prediabetes are at high risk for developing type 2 diabetes.

NDPP is a year-long program. Classes are an hour long. Classes meet weekly at first, and later switch to meeting monthly. Classes are group-based. The two goals of the program are to:

1. Increase physically activity to 150 minutes a week.
2. Lose 5 to 7 percent of body weight. For a person who weighs 200 pounds, that means 10 to 14 pounds.

Research has found accomplishing those two goals lowers the risk of developing type 2 diabetes. In the class, participants meet with a trained lifestyle coach and a small group of other participants. There are many different NDPP classes offered in Iowa. Some classes meet only in person. Some classes are only online.

Program Locations

An interactive Google map of NDPP sites is available here: <http://bit.ly/NDPPinIaMap>. Phone numbers and addresses are listed on the Google Map. A list of NDPP providers, including online programs, is available here: https://nccd.cdc.gov/DDT_DPRP/Registry.aspx. A list of YMCAs participating in the YMCA DPP is available here: <http://www.ymca.net/diabetes-prevention/participating-ys.html> YMCA is a national partner of NDPP but has their own process. Below is a list of current and upcoming sites in Iowa by city. An * by an organization means classes will begin later this year. Other locations may be available as well.

City	Organization	City	Organization	City	Organization
Ames	Lincoln Center Hy-Vee Mary Greeley Medical Center	Estherville	Avera Holy Family Hospital	Onawa	Burgess Health Center*
Ankeny	YMCA of Greater Des Moines	Grundy Center	Grundy Family YMCA Grundy County Memorial Hospital	Sioux Center	Sioux Center Public Library
Burlington	Great River Medical Center	Iowa City	Mercy Iowa City	Sioux City	Norm Waitt Sr. YMCA Sunnybrook Medical Plaza
Carroll	St. Anthony Regional Hospital*	Iowa Falls	Hansen Family Hospital*	Tipton	Cedar County Public Health
Cedar Rapids	Cedar Rapids Metro YMCA Hy-Vee Johnson Ave.	Jefferson	Greene County Medical Center	Wapello	Louisa County Public Health
Chariton	Red Haw Family Medical Center	Lake City	Stewart Memorial Community Hospital*	Washing-ton	Living Well Center
Council Bluffs	YMCA of Greater Omaha	Le Mars	Norm Waitt Sr. YMCA	Waterloo	Crossroads Hy-Vee Family YMCA of Black Hawk County
Davenport	Scott County Family YMCA	Marshalltown	Central Iowa Healthcare Marshalltown YMCA-YWCA	West Des Moines	JETT PHC West Lakes Hy-Vee
Des Moines	West Lakes Hy-Vee YMCA of Greater Des Moines	Mason City	Cerro Gordo County Department of Public Health	Winterset	Madison County Memorial Hospital*
Dubuque	Dubuque Community YMCA/YWCA* UnityPoint Health – Finley Hospital*	Muscatine	Trinity Muscatine*		

What is Prediabetes?

Prediabetes is a health condition that means blood sugar, or glucose, levels that are higher than normal, but not high enough yet to be considered diabetes. An estimated 1 in 3 adults has prediabetes. A person with prediabetes is at increased risk for developing type 2 diabetes and having a heart attack or a stroke. Fortunately, people with prediabetes can cut their risk of getting type 2 diabetes in half by losing 5 to 7 percent of their body weight by eating healthy and being more active. The National Diabetes Prevention Program can help.

Evidence Supporting the Program and Cost Savings for Insurers and Employers

NDPP is based on a large, successful clinical trial (CDC 2015a, YMCA 2015a). The clinical trial showed the program to cause, among those with prediabetes, a 58 percent reduction in the number of new cases of diabetes overall. The program was even more successful with older participants. The program caused a 71 percent reduction in new cases for those over age 60 (Diabetes Prevention Program Research Group 2012). NDPP is cost-effective and often cost-saving. A cost-savings calculator for insurers and employers for providing NDPP as a covered benefit is available here: <https://ama-roi-calculator.appspot.com/>. The cost of preventing diabetes is typically much lower than the cost of managing it.

Participant Eligibility for the National Diabetes Prevention Program (CDC 2015b)

1. Patients must be 18 years of age or older and have a body mass index (BMI) of ≥ 24 kg/m² (≥ 22 kg/m² if Asian). (For Y DPP, the non-Asian participants must have a BMI of ≥ 25 kg/m².) A BMI calculator is available online here: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm. Pregnant women should not participate in the program.
2. A minimum of 50% of a program's participants must have had a recent (within the past year) blood test (may be self-reported) indicating they have prediabetes, or a history of gestational diabetes mellitus, according to one of the following specifications:
 - a. Fasting glucose of 100 to 125 mg/dl
 - b. Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl
 - c. A1c of 5.7 to 6.4
 - d. Clinically diagnosed gestational diabetes during a previous pregnancy (may be self-reported)
3. A maximum of 50% of a program's participants may be considered eligible without a blood test or history of gestational diabetes only if they screen positive for prediabetes based on the CDC or American Diabetes Association Prediabetes Screening Test (available online at DolHavePrediabetes.org).

Cost of the Program

The cost for participating in NDPP is on average about \$500 per person for the entire year (YMCAs have a nationally set price of \$429). Some insurances and employers cover the cost of the program. Some sites offer scholarships. Self-pay is an option. Individuals are encouraged to check with their insurance company and employer to see if the program is covered. Insurers and employers who do not currently cover the program are encouraged to cover it. NDPP is cost-effective and, in many cases, cost-saving for insurers and employers.

Works Cited

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