

PROVEN BEST CHOICES®

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- ✓ Diabetes Prevention Programs recognized by the US Centers for Disease Control and Prevention (CDC)

Diabetes Prevention Programs for Prediabetes



What is a Proven Best Choice?

The Proven Best Choice® rating considers these factors:

How well one choice works

compared to others based on scientific evidence

How much one choice costs in relation to its benefits: The cost information that is used is the total cost of the treatment, which may be different than what you pay out of pocket if you have insurance.

Making decisions about your health care may not be as easy as deciding whether to buy a household item like a TV. But knowing your Proven Best Choice is a good place to start.

What is prediabetes? Prediabetes means that your blood sugar levels are higher than normal. Having prediabetes puts you at higher risk for developing type 2 diabetes, heart disease, and stroke. Your doctor diagnoses you with prediabetes using a blood test.

What can I do if I'm diagnosed with prediabetes?

Type 2 diabetes comes with many side effects, and often requires that you take medication to manage it. To avoid the complications of diabetes, it's important to take steps to lower your risk as early as you can. Changing your diet, exercising more, and other lifestyle changes all help. But, it's hard to make those changes on your own. Diabetes prevention programs recognized by the Centers for Disease Control and Prevention (CDC) provide structure and support as you take steps toward a healthier lifestyle. Joining a program will help you learn more about prediabetes and what you can do to prevent or delay diabetes.

WHAT IS A DIABETES PREVENTION PROGRAM?

Programs are one year long, with weekly meetings during the first six months, and meetings once or twice each month after that. All programs connect you with a group of people facing the same challenges as you. This can be helpful support as you share in successes and setbacks throughout the program. Some programs are also tailored to address the unique backgrounds, cultures, and interests of the groups they serve.

Diabetes prevention programs are a big commitment. It takes time and effort to make changes and see results. But, if you can stick with the program for the full year, it can be very effective in helping you improve your health and keep up with your new lifestyle changes for years to come.

In order to be recognized by the CDC, a diabetes prevention program must meet certain standards.


- **Core lessons:** Programs cover 16 key lessons. Lessons focus on building knowledge and skills to create and maintain a healthier lifestyle and include topics like reading food labels, fitting exercise into your schedule, managing restaurant eating, and combatting negative thoughts.
- **Trained Coaches:** Trained lifestyle coaches, or special online coaching software, run the programs.
- **Monitoring:** You'll have regular check-ins on your progress.
- **Goal Setting:** Programs focus on helping you lose 5-7% of your body weight—that's 10-14 pounds for a person who weighs 200 pounds. Research shows that losing this amount of weight can help cut your risk for diabetes by more than half.

The information on the following pages will tell you more about different types of programs and help you decide which is best for you.

You can learn more about diabetes prevention programs here: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html>

Diabetes prevention programs are a big commitment, but sticking with it can help you make changes for years to come.

There are different types of diabetes prevention programs to meet different people's needs.

 Program Type:	What It Is & Things to Consider
In-person, group programs	<p>What it is: Attend in-person sessions run by a lifestyle coach with a small group.</p> <p>Things to Consider: Meeting in-person means you'll have face-to-face support from your coach and a group of peers. Some people find this support helpful, but others may prefer more privacy. And, some people might like attending a regular session each week, while some people might need more flexibility.</p> <p>A few things to ask yourself before choosing a group program include:</p> <ul style="list-style-type: none"> • Am I motivated by being around other people working towards the same goals? • Am I comfortable sharing progress with a group of peers, or would I rather keep that private? • Is there a program located near me? Do I have a way to get to the meetings (for example, a car, bus, train, etc.)? • Am I able to fit a set meeting time into my schedule each week?
Online human coaching	<p>What it is: Watch and read a set of lessons on a computer or smartphone. You'll enter information about yourself online, and a lifestyle coach will provide feedback based on your goals and progress. Some programs give you a scale or pedometer (a step counter) to help track your progress. You'll also be connected with an online network of peers for added support.</p> <p>Things to Consider: Online programs offer more flexibility for people with busy schedules. Sessions can be done whenever you have time during the week, whether at home, on a lunch break, or anywhere you have internet access. They're also a good option for people who can't get to in-person meeting due to location, lack of transportation, trouble finding childcare, or other challenges.</p> <p>When considering an online program, ask yourself:</p> <ul style="list-style-type: none"> • Will I be able to work through lessons without a set schedule, or would attending a regular meeting be more helpful? • Will I feel supported with an online network of peers, or would I be more motivated meeting in person? • Do I like the privacy of doing the program without meeting people face-to-face, or do I want to be able to share my progress with others in person?

Online programs with a virtual coach

These programs are available, but research on how well they work is still early. Some programs are more successful than others. Since these programs are virtual, there is no human coach running the program. Programs use email, online resources, smartphones, and other technology to track your progress and

give feedback. Some programs offer the option to connect online with other participants for added support. Like other online programs, they offer added flexibility and privacy. Since there's no human coach holding you to your goals, some people may feel less motivated to stick with the program.

If you're having trouble finding a program for you, you still have options. Talk to your doctor about what you can do to start making changes to your lifestyle now.

Even without a diabetes prevention program, making healthy lifestyle changes can lower your risk for diabetes. If you're motivated to make changes on your own, your doctor may be able to give you some strategies for healthy lifestyle changes.

Now that you know your Proven Best Choices, think about what type of program is right for you. Talk to your doctor to find out more about prediabetes and what you can do. See the list

on page 5 for the kinds of questions to ask. Getting input from family and friends may also help you choose what's right for you.

It's also important to remember that not all insurance companies cover every type of program. Contact your insurance company to find out what it covers and what you will pay in copayments or other expenses.



I knew I needed to start making better choices. I tried to make healthy food choices, I tried to exercise regularly, but I never knew where to start. Joining a diabetes prevention program helped me focus on the changes I needed to make, and I learned skills that have helped me keep up with my healthy changes.





QUESTIONS FOR YOUR DOCTOR

These questions are meant to be a starting point for a conversation you have with your doctor. You may have other questions.

- Am I at risk for developing type 2 diabetes?
- What can I do to lower my risk?
- Do you have any patients who participate in a diabetes prevention program?



Methodology

The Proven Best Choice rating system considers many factors, including measures of comparative clinical effectiveness (how well a treatment works compared to another treatment), cost, costeffectiveness (how much something costs compared to the long-term benefits it creates), longterm outcomes, and resource constraints (for example, if there are a limited number of health care providers that offer the specific treatment). To inform these ratings, ICER performs indepth evidence reviews and economic analyses. It also convenes public meetings of research methodologists, clinical experts, and public and patient representatives to examine rigorous, highquality evidence, information on costs, and measures of long-term outcomes and impact.



To read ICER's full review of the evidence on diabetes prevention programs, download the report at: <https://icer-review.org/material/final-report-dpp/>.



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