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News Release

National Diabetes Prevention Program Enters 3rd Year Helping Utahns Prevent Type 2 Diabetes

(Salt Lake City, UT) – It began quietly in 2015 with just 80 participants, but the National Diabetes Prevention Program (National DPP) looks toward its third year in Utah seeing remarkable progress, helping more than 400 Utahns prevent or lower their risk for type 2 diabetes.

The National DPP is a partnership of public and private organizations working to reduce the growing problem of prediabetes and type 2 diabetes. A key part of the National DPP is the year-long lifestyle change program that provides a trained lifestyle coach, a CDC-approved curriculum and group support. “The classes are the best part of the program,” says Celsa Bowman, with the Utah Department of Health (UDOH). “Understanding prediabetes is an important first step, but the real value is in the group support and learning to eat better and be more physically active.”

National DPP class participant Brent Budge of Providence, Utah learned how to make his workout routine more effective. “Exercise principles taught in the class along with the accountability made the biggest difference in my weight loss. Adding weight training and higher intensity exercise to my routine shocked my body and helped me drop the weight. I always knew I needed to exercise but the class helped keep me motivated.”

Approximately 33 percent of Utahns have prediabetes, and 9 out of 10 of those Utahns who have prediabetes are unaware of their condition. Help is available at DolHavePrediabetes.org where a quick test is available to assess risk for prediabetes as well as other resources and information on how to get involved with the National DPP in Utah.

Visit www.livingwell.utah.gov or call the UDOH Health Resource Line at 1-888-222-2542 to see if there is a National DPP class in your area.

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.