

# Lower Your Patients' Risk of Type 2 Diabetes With CDC's National Diabetes Prevention Program (National DPP) Lifestyle Change Program (LCP)



La Crosse Area Family YMCA

Bri Spicer, OTR/L, Lifestyle Program Director

(608)-519-5496; [bspicer@laxymca.org](mailto:bspicer@laxymca.org)



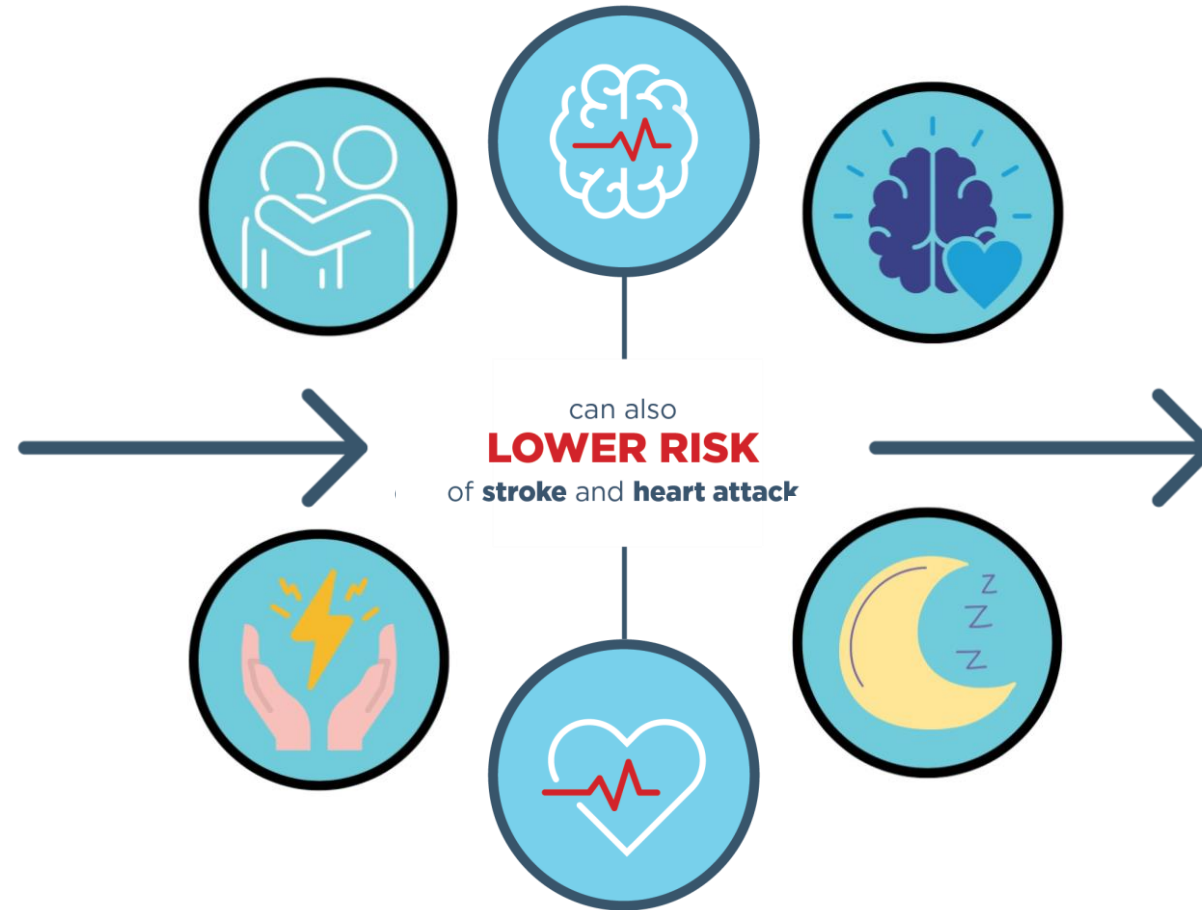
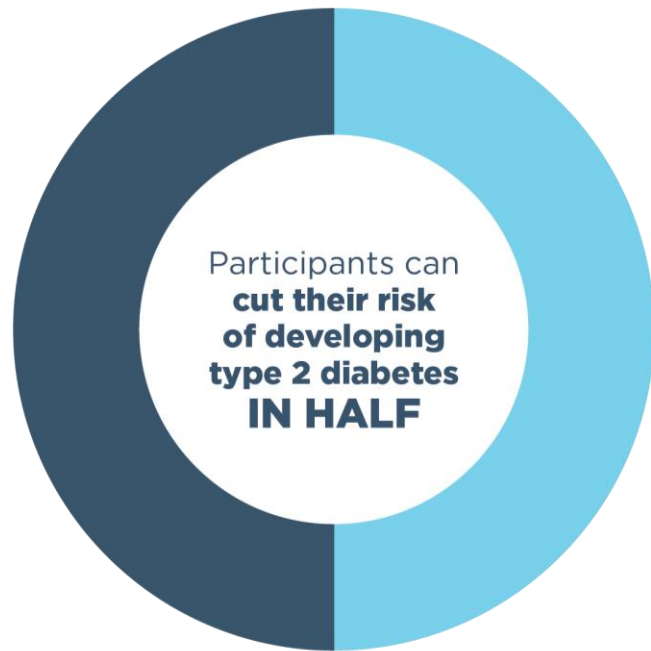
# What is the National DPP LCP?

- Evidence-based lifestyle change program proven to prevent or delay type 2 diabetes
- Focuses on healthy eating and physical activity
- Uses CDC-approved curriculum delivered by trained Lifestyle Coach
- Offers a year of support through weekly/monthly meetings
- Helps participants make and maintain healthy lifestyle changes
  - Lose 5% to 7% of their body weight
  - Be physically active for at least 150 minutes/week
  - Decrease A1C levels





# What is the National DPP LCP?



CDC provides  
quality assurance  
through data  
collection required  
every 6 months.



# Program Eligibility

- ☒ Meet ONE of the following requirements:
- Had blood test result in the prediabetes range within past year:
    - ☐ Hemoglobin A1C: 5.7–6.4%, or
    - ☐ Fasting plasma glucose: 100–125 mg/dL, or
    - ☐ Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL
  - Previously diagnosed with gestational diabetes, or
  - Received a high-risk result (score of 5 or higher) on the Prediabetes Risk Test

AND meet ALL of these requirements:

- ☒ 18 years or older
- ☒ Body mass index (BMI) of 25 or higher (23 or higher if Asian American)
- ☒ Not previously diagnosed with type 1 or type 2 diabetes
- ☒ Not pregnant



[CDC National Diabetes Prevention Program](#)



# Program Curriculum

- Based on [2002 Diabetes Prevention Program trial](#) and follow-up studies
- Updated in 2021 to reflect new literature on self-efficacy, physical activity, and diet
- Yearlong program, 26 modules
- Facilitated by trained Lifestyle Coach that patients can access throughout the year long program
- Guidance to Y programs – Group fitness, personal trainers, wellness center.

## 16 weekly sessions during first 6 months

- “Introduction to the Program”
- “Get Active to Prevent Type 2 Diabetes”
- “Track Your Activities,” etc.

## Sessions 1-2 times/month for remaining 6 months

- “When Weight Loss Stalls”
- “Stay Active Away from Home”
- “Manage Your Triggers and Stress”
- “The Importance of Sleep”





# Program Access for Your Patients

- Access the National DPP through the La Crosse Area Family YMCA
  - Virtual and In-person DPP
  - New cohorts starting in September and October 2025 at both Y locations (Onalaska & La Crosse)
- Program is now covered by Medicare and Quartz Insurance
- Referrals processes can be **flexible** to what works best for you!
  - Send patients to our [website](#) to complete our interest form.
  - Pass out our Diabetes Prevention Program flyers
- Patients who are eligible for the program will receive a **free 16-week membership** to the Y which they are allowed to activate within one year of starting the program.
- [Other services we offer](#): Cancer Survivorship Programs (LIVESTRONG & YOUTHSTRONG), Wellness Warriors for Veterans, Self-monitoring Blood Pressure Management Program (coming soon).





## Our Local Delivery of the National DPP LCP

- Average enrollment per cohort: 8-10 participants
- Average number of cohorts per year: 5+
- 2024 cohort outcomes (n=17):
  - Averaging 8% weight loss
  - Decrease in BMI
  - Increase in activity minutes each week across all participants
- 2025 cohort outcomes (n=47)
  - Currently averaging 5% weight loss
  - Increase in activity minutes each week across all participants
  - Increase in social connection and support
  - Reports of better mood, sleep, and energy levels







# Our Local Delivery of the National DPP LCP

- Program Cost: \$400
  - Monthly payment plans available
  - Covered by Medicare
    - Check [Medicare's eligibility requirements](#)
  - Covered by these insurance companies:
    - Quartz Health Insurance
    - Other contracts with insurers coming soon.
  - Employee Wellness Benefits coverage – coming soon!

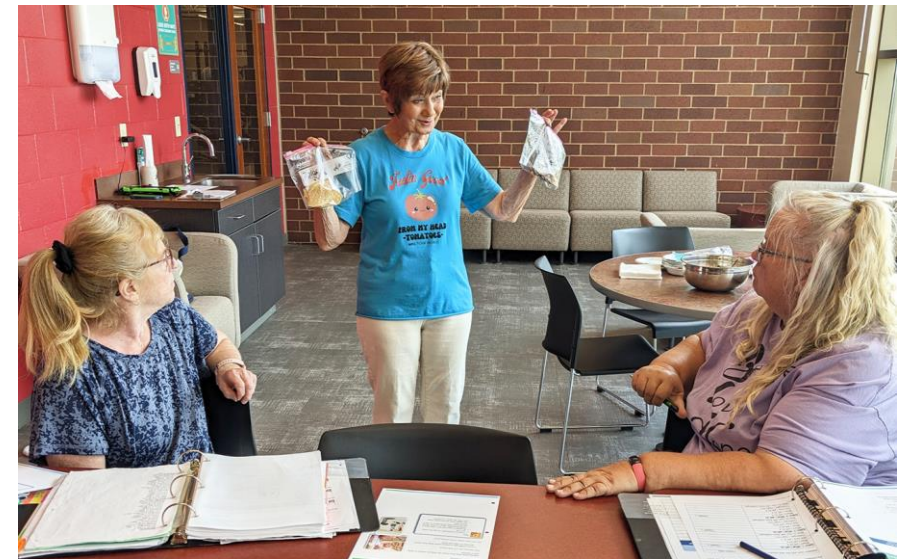


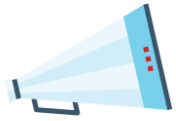




# Follow-Up and Questions

- I will email or can provide you with:
  - Present to other providers
  - Program outcomes
  - Marketing materials (brochure, business card, flyer)
  - Link to additional program information, including curriculum
  - Program fact sheets
  - Patient testimonials
- Questions?





# Thank you for your time!

## TESTIMONIAL

The class is casual and the support of my classmates was uplifting and invaluable. It was a year-long journey, baby steps at first to make changes, but produced better results than I could have imagined. I'm grateful that the YMCA sponsors this program and would encourage anyone who wants to make healthful changes to take the journey. I feel great!

**MARILYN, DPP PARTICIPANT, AND KATHIE, HER DPP LIFESTYLE COACH**

