

WEST VIRGINIA  
Department of



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### **West Virginia to Offer National Diabetes Prevention Program**

In an effort to combat the increasing burden of diabetes in West Virginia, the state's Department of Health and Human Resources' Diabetes Prevention and Control Program has partnered with the Centers for Disease Control and Prevention, as well as organizations statewide to introduce the National Diabetes Prevention Program in West Virginia.

The National Diabetes Prevention Program is a year-long intensive lifestyle change program for people with pre-diabetes and those at high risk. Participants work with a lifestyle coach in a group setting to achieve specific weight loss and physical activity goals. One-hour sessions are conducted once a week for sixteen weeks, followed by six monthly sessions. The NDPP is based on a Diabetes Prevention Program (DPP) research study led by the National Institutes of Health and supported by the Centers for Disease Control and Prevention.

The study, *Reduction in the Incidence of Type 2 Diabetes With Lifestyle Intervention*, showed that by making modest behavior changes, participants lost five to seven percent of their body weight. Researchers also found that improved nutrition and exercise reduced the chances of developing diabetes by 58 percent. Risk in persons aged 60 and older was reduced by 71 percent.

West Virginia has a significantly higher prevalence of diabetes than the rest of the nation. In 2010, 11.7 percent of West Virginia adults (229,379) had diabetes. It was estimated that approximately 466,000 West Virginians had pre-diabetes. It is projected that by 2025, diabetes will affect almost 315,000 West Virginians and cost the state over three billion dollars.

"The WV Diabetes Prevention and Control Program is very excited to be working with organizational partners to develop an infrastructure that will make the National Diabetes Prevention Program widely available to those at risk for diabetes in our state," said West Virginia Diabetes Prevention and Control Manager Gina Wood. "Building this infrastructure will take some time, but we have the beginnings of a solid foundation to prevent Type 2 diabetes among those at highest risk. This will put us in an excellent position to reduce the serious impact that diabetes has on West Virginia's citizens, families and communities."

Currently, there are thirteen organizations in West Virginia that have achieved pending recognition from the CDC to implement the program. Employees and volunteers with these organizations have completed specialized training enabling them to facilitate the program and serve as lifestyle coaches for participants. Full-recognition can be achieved after maintaining national program standards for the first two years.

For additional information on the West Virginia Diabetes Prevention and Control Program visit [www.wvdiabetes.org](http://www.wvdiabetes.org)