



FRANKLIN COUNTY CENTER

News Release

We are pleased to announce that the 2nd Diabetes Prevention class is now scheduled and will begin on October 17th at the Franklin County Cooperative Extension Office from 3:30pm-4:30pm. This class takes place over the course of a year. The first 16 weeks we will meet once a week on Tuesdays from 3:30pm-4:30pm. The next 8 weeks we will meet once bi-weekly, and from month 7-12 we will meet once a month.

The Diabetes Prevention Program (DPP) is a structured and evidence-based program developed specifically to prevent type 2 diabetes. It is free to patients and it has been shown to cut in half the risk of getting diabetes. DPP is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

PROGRAM OVERVIEW

How It Works:

The one-year program is group-based and consists of weekly and monthly sessions led by a trained lifestyle coach who facilitates a small group of adults with similar goals in a community setting.

Program Goals:

- Weight loss of 5% to 7% of body weight
- Gradually increase physical activity to reach a goal of at least 180 minutes per week

Who Qualifies?

An eligible person must...

- Be at least 18 years old **and**
- Be overweight (Body Mass Index ≥ 25) **and**
- NO previous diagnosis of type 1 or type 2 diabetes **and**
- Have a blood test result in the prediabetes range within the past year or be previously diagnosed with gestational diabetes:
 - Hemoglobin A1C: 5.7%–6.4% **or**
 - Fasting plasma glucose: 100–125 mg/dL **or**
 - Two-hour plasma glucose (after a 75gm glucose load): 140–199 mg/dL

*NOTE: Adults screened with the CDC Prediabetes Screening Test may also qualify for this service. If you would like to take the CDC Prediabetes Screening Test contact Dominique Simon at the information below.

If you would like to be a part of the Diabetes Prevention Program, please contact Dominique Simon by October 10th. There is no cost to participants and great incentives will be given throughout class. There is little or no risk for participating and you will gain valuable knowledge that can improve your health as well as your loved one's health.

If you have any questions about program eligibility, please contact Dominique Simon at [919-496-3344](tel:919-496-3344) or by email at dssimon2@ncsu.edu

