

RETHINK diabetes

PREVENTING TYPE 2 DIABETES WITH THE NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

DIABETES BY THE

numbers

1 in 10
Mainers

- 1 in 10 Mainers have diabetes
- 1 in 3 Mainers don't know it
- People with diabetes have twice the medical costs than those without
- Diabetes is the 7th leading cause of death in Maine
- 6 out of 10 non-traumatic lower limb amputations in Maine are due to diabetes
- Diabetes is a leading cause of blindness

6 out of 10



THE COST OF

diabetes

- The total cost of diabetes in the United States is \$245 billion dollars:
 - \$176 billion in medical costs
 - \$69 billion in reduced productivity

\$245 billion

RETHINK

There are 2 types of diabetes, Type 1 and Type 2. Most people have Type 2.

TYPE 2 IS PREVENTABLE. NDPP CAN HELP. IT'S TIME TO RETHINK DIABETES.

WHAT IS

NDPP?

National Diabetes Prevention Program

- An **evidence-based** program that helps prevent Type 2 diabetes
- Endorsed by the **National Centers for Disease Control and Prevention**
- A program that helps people make **lasting lifestyle changes** to prevent diabetes

PREVENTION

HOW DOES IT

work?



- **One year of support** in small groups led by trained Lifestyle Coaches
 - 16 weekly meetings + 6 monthly meetings
- **Offered** by community organizations, worksites, wellness centers, health centers, and hospitals

NDPP WORKS!

Jim is 42 years old and weighs 200lbs. With the help of NDPP, Jim was able to make lifestyle adjustments and lose between 10 and 14 pounds (5-7% of his body weight).

DOING THIS JIM HAS CUT HIS RISK OF DEVELOPING TYPE 2 DIABETES IN HALF. YOU CAN TOO.

WHO IS AT

risk?

45+

RISK

- Overweight or obese
- Age 45 and older
- High blood pressure
- Not physically active
- High cholesterol
- Women who developed gestational diabetes while pregnant

Take the quiz to see if you are at risk for pre-diabetes:
ReThinkDiabetes.org

WHAT CAN

you do?

- Ask your **health insurance** provider to include NDPP as a covered benefit
- **Talk to your employees** about preventing diabetes
- **Encourage patients** to participate in NDPP
- **Talk to your doctor** about your risk of diabetes
- Encourage your friends and family to **learn more** about how to prevent diabetes



RETHINK DIABETES

VISIT: ReThinkDiabetes.org



Maine Center for Disease Control and Prevention
An Office of the Department of Health and Human Services

Paul R. LePage, Governor

Mary C. Mayhew, Commissioner