

## *South Dakota's Successful Implementation of the National Diabetes Prevention Program*

### Summary

Over 200,000 South Dakotans have prediabetes, a condition that increases their risk of developing type 2 diabetes. As the incidence continues to rise, South Dakotans are taking steps to prevent type 2 diabetes by participating in the National Diabetes Prevention Program.

### Challenge

One out of three American adults have prediabetes and nine out of 10 don't know it. In South Dakota, it is estimated over 200,000 adults over age 18 have prediabetes. If no lifestyle change is made, 15 to 30 percent of individuals with prediabetes will progress to type 2 diabetes within five years. Having diabetes increases the risk of health complications such as high blood pressure, stroke, kidney failure, vision impairment or blindness, limb amputation and more.

### Solution

The National Diabetes Prevention Program is an evidence-based lifestyle change program developed by the Centers for Disease Control and Prevention. The program assists adults with prediabetes, or at risk for developing type 2 diabetes, to make sustainable healthy lifestyle changes that prevent or delay the onset of type 2 diabetes. The program is effective in reducing participant's risk of developing type 2 diabetes by as much as 58 to 71 percent.

The National Diabetes Prevention Program is available in South Dakota in both face-to-face and virtual settings. Face-to-face programs are available in the following South Dakota communities, with more communities being added frequently: Belle Fourche, Custer, Deadwood, Platte, Rapid City, Sioux Falls, Spearfish, Sturgis, Yankton. Virtual program options are available through a variety of vendors. [Click here](#) for a complete list of online programs.



## Results

Since 2013, 262 South Dakotas have attended the National Diabetes Prevention Program via face-to-face or virtual programs. Of those who completed the entire 12-month program, they experienced an average weight loss of 6.4% of their body weight.

## Successes

The National Diabetes Prevention Program offers support and encouragement to help participants feel empowered as they make healthy lifestyle changes which reduce their diabetes risk. Read the personal testimony below from one past South Dakota participant of the National Diabetes Prevention Program who is successfully preventing type 2 diabetes.

“I’m in my 50s, and still don’t have diabetes. Every year I can put that off is an achievement. It’s one of my health goals, and I am glad that this program stands with me on that important point. I need support to sustain behaviors. This program includes a “time” goal. In a year, they want us to still be accountable and at our target. So I will because by signing up, I’m saying I’m ‘in’ for the whole yearlong program. Anyone living with prediabetes or diabetes knows it can be a difficult journey. Prevention really is the best medicine. I wish it for others I know who are prediabetic. I wish them better health, delayed diabetes and optimism.”



### Local Contact

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### Resources

[diabetes.sd.gov](http://diabetes.sd.gov)  
[sddiabetescoalition.org](http://sddiabetescoalition.org)  
[cdc.gov/diabetes/prevention](http://cdc.gov/diabetes/prevention)  
[goodandhealthysd.org](http://goodandhealthysd.org)