

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

Dear Healthcare Provider:

The Florida Department of Health in Bay County is pleased to offer the **National Diabetes Prevention Program (NDPP)**. The program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention which showed: eating healthier, increasing physical activity and losing a small amount of weight can prevent or delay the onset of type 2 diabetes by at least 58% in persons with pre-diabetes. Classes are offered at multiple locations throughout the county (please see enclosed flyer for details).

The NDPP Program is a 12-month program, with 16 initial weekly one-hour core sessions followed by monthly sessions geared towards maintaining progress. The only cost to the participant is a \$35.00 annual materials fee. The interactive program is facilitated by a trained Lifestyle Coach who will help and support participants to make and sustain lifestyle changes. Participants will learn evidence-based strategies for eating healthy, being physically active, and dealing with day to day situations. Additionally, they will receive tools to help them monitor activity patterns and eating habits to assist them in achieving long term success.

Eligibility:

Patients must meet the following criteria:

- At least 18 years old
- Overweight (BMI \geq 24), (if of Asian ethnicity, BMI \geq 22)
- At high risk for developing diabetes (screening test) or diagnosed with pre-diabetes.

How to Recommend Your Patient:

Please fax the recommendation form AND the patient's most recent weight and laboratory results for HgB A1c (if available), Blood Glucose, and Lipid Panel to our **confidential** fax number: **(850) 747-5475**.

Patients do **NOT** need to pre-register but should **arrive 30 minutes** early to register at first class.

We've included the Recommendation Form, a flier you may want to display in your office or give to your patients, as well as a screening test.

If you have any questions about the National Diabetes Prevention Program or the recommendation process, please contact: Diabetes Services Program at (850) 872-4455 ext. 1460 or email us at CHD03Diabetes@flhealth.gov

Preventing Diabetes - Good for Your Patient, Good for Our Community!
We look forward to working with you, your staff, and your patients.