



OPTIMAL HEALTH *and* WELL-BEING

Diabetes Prevention Program – I CAN Prevent Diabetes

HealthEast is proud to offer the only Twin Cities metro area Diabetes Prevention Program to have achieved full recognition and certification by the [U.S. Centers for Disease Control](#).

What is the I CAN Prevent Diabetes program?

I CAN Prevent Diabetes is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. Groups meet for one hour sessions each week for 16 weeks. Sessions are led by trained lifestyle coaches and focus on nutrition, physical activity and behavior change. Program participants are required to have a clinical diagnosis of pre-diabetes documented by a health care provider. Topics covered include:

- Healthy eating
- Getting started with physical activity
- Overcoming stress
- Staying motivated
- And more

After the 16-week core sessions, participants meet monthly for up to one year for ongoing support to help them maintain their progress and assure lifestyle change.

Why does HealthEast focus on diabetes prevention as a community health imperative?

The annual HealthEast Community Health Needs Assessment, along with Minnesota Department of Health and Centers for Disease Control studies, identified diabetes prevention as both state and national priorities. Diabetes has a dual cost to the health of our community: It is physically, emotionally and socially debilitating to individuals and family members who manage this condition, and it has a negative effect on the economy through increased medical costs and lost productivity. In fact:

- One in five Minnesotans is at high risk of developing diabetes.
- One in three infants born in the U.S. during the year 2000 will develop diabetes during their lifetime if the current rate of diabetes diagnosis continues.
- Approximately 79 million adult Americans are living with prediabetes, meaning that they are at a significantly increased risk of developing diabetes in the future.
- According to the American Diabetes Association, annual medical expenses and lost productivity associated with diabetes reached \$174 billion in 2007. Currently one in five health care dollars is spent caring for people with diabetes.

Looking at the total impact on our community's health, we believe that providing community outreach to help prevent or delay the onset of type 2 diabetes and improve the quality of life for our neighbors is simply the right thing to do. This is one way that HealthEast is dedicated to advancing our vision: "Optimal health and well-being for our patients, our communities and ourselves."

