



### **How big of a public health issue is prediabetes?**

More than 1/3 of American adults have prediabetes but 90% don't know it. Prediabetes is a health condition that not only puts individuals at an increased risk of developing type 2 diabetes, it also puts them at risk of heart disease, stroke and Alzheimer's disease. To determine if you are at risk, take this test, created through a partnership with the US Centers for Disease Control and Prevention (CDC): [Prediabetes Risk Test](#).

### **What cause prediabetes?**

If you have prediabetes, the cells in your body don't respond normally to insulin. Insulin is a hormone made by your pancreas; it acts like a key to let blood sugar into cells for use as energy. Essentially, your pancreas makes more insulin to try to get the cells to respond. Eventually your pancreas can't keep up and your blood sugar rises, setting the stage for prediabetes—and type 2 diabetes down the road.

### **How close is prediabetes to type 2 diabetes?**

Without making changes, many people with prediabetes will develop type 2 diabetes. If you have prediabetes, losing a small amount of weight and getting regular physical activity can significantly lower your risk for developing type 2 diabetes. Small changes in diet and exercise can go a long way. Studies show that losing just 5-7% of your body weight can help prevent or delay the onset of type 2 diabetes. To discover more prediabetes risk factors, visit [the CDC website](#).

### **What is the US Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (DPP)?**

The National DPP is a framework for diabetes prevention efforts that unites partners from public and private sectors to prevent or delay type 2 diabetes. A key element of the National Diabetes Prevention Program is the yearlong lifestyle change program. More information can be found here: [CDC Diabetes Prevention Program \(DPP\)](#).

### **What does the UC DPP lifestyle change program include?**

The UC DPP follows all the recommendations of the National DPP. Key components of the yearlong program include a CDC-approved curriculum, a trained lifestyle coach, and a support group of people with similar goals and challenges. The trained lifestyle coach facilitates discussion on healthy eating, ways to increase physical activity, stress management techniques, and ideas to stay motivated. Learn more at [CDC- Recognized Lifestyle Change Program](#).

### **Does the UC DPP collect and track participant information?**

Yes, the UC DPP collects data including demographic information (e.g. age, gender, race/ethnicity), health history, and health insurance information for eligibility and evaluation purposes. Participants are weighed at each class and weight loss is tracked over the course of the year. DPP also tracks attendance and physical activity minutes. This information is needed to determine the effectiveness of the program and is required by the CDC for CDC-recognition.

**Who has access to the participant data and where it is stored?**

All participant data is stored in a secure network behind UC firewalls. This secure data storage and protection system is approved for use by the UC Office of the General Counsel. UCOP has established a UC DPP Coordination Center to help evaluate UC DPP efforts across all campuses. A limited number individuals at the UC DPP Coordination Center will have access to participant level data in order to access, aggregate, analyze, and summarize programmatic information.

**Will my employer or the UCOP have access to my participant data?**

**No, the UC Office of the President, participant employers/managers, and health plans will not have access to any individual level and identifiable data.** The Office of President will only have access to summarized, aggregated information that will be used to monitor program operations (e.g. # of cohorts, # of participants per cohort, retention, % breakdown of participants by plan).

**What information is submitted to the CDC?**

De-identified demographic, weight loss, and attendance data are submitted to the CDC every six months.

**What does the CDC do with the submitted data?**

The CDC evaluates the data and determines whether DPP providers, e.g. the University of CA, achieve pending, preliminary, or full “recognition.” Full CDC recognition indicates the DPP provider meets CDC standards and effectively delivers a proven diabetes prevention lifestyle change program. Detail on how the standards that organizations must meet to achieve CDC recognition can be found in the [Standards and Operating Procedures of the CDC Diabetes Prevention Recognition Program](#).

**What is the history of the UC DPP?**

In 2018 the University of California Office of the President (UCOP) and UC Health embarked on a UC-wide DPP Initiative to address type 2 diabetes prevention across all UC Campuses. As part of this initiative, UC Health provides funding for local DPP delivery, recruitment, and coordination across all participating campuses. For more information, see: [UCOP UC DPP Letter of Support](#)

The first UC DPP was establish at UCLA in 2016 with support from the UCLA Healthy Campus Initiative (HCI). The UCLA DPP began in February 2016 and the program achieved Full CDC recognition in March 2018. The success of this program prompted UC to make DPP available at all other UC campuses.

**Which UC campuses are participating in the UC DPP?**

The UC DPP Initiative was started in 2018. As of November 2018, seven UC campuses have agreed to offer DPP. UC Davis, UC Los Angeles, and UC Riverside have already started their programs. UC Irvine, UC San Diego, UC Santa Barbara, and UC San Francisco are planning to start their programs in early 2019. The UC DPP Coordinating Center was established to help coordinate efforts across the campuses and also to help evaluate how the program works across the UC system.

**For More Information, You Can Also Contact Your UC Campus today!**

UC Davis

[wellbeing@ucdavis.edu](mailto:wellbeing@ucdavis.edu)

UC Irvine

[Justw11@uci.edu](mailto:Justw11@uci.edu)

UC Los Angeles

[dpp@recreation.ucla.edu](mailto:dpp@recreation.ucla.edu)

UC Riverside

[Julie.chobdee@ucr.edu](mailto:Julie.chobdee@ucr.edu)

[edward.marchall@ucr.edu](mailto:edward.marchall@ucr.edu)

UC San Diego

[m8hong@ucsd.edu](mailto:m8hong@ucsd.edu)

UC San Francisco

[dpp@ucsf.edu](mailto:dpp@ucsf.edu)

UC Santa Barbara

[brenda.lear@recreation.ucsb.edu](mailto:brenda.lear@recreation.ucsb.edu)