



Lasting Effects of the Diabetes Prevention Program: Empowering Lives

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DESCRIPTION

Diabetes is a chronic condition that requires daily management and can become burdensome mentally, physically, socially, and financially. Being diagnosed with diabetes can often evoke feelings of solitude and isolation, particularly during the initial phases of the condition. It's important to know that wherever one is in the diabetes journey, one is never alone. Apart from the healthcare professionals, close family, and friends, there is a wealth of diabetes support groups accessible. As stated in a report jointly issued by the American Diabetes Association (ADA), the Association of Diabetes Care and Education Specialists (ADCES), and the American Academy of Nutrition and Dietetics (AAND), continuous support is crucial for individuals with diabetes. This support network extends beyond the primary healthcare team and encompasses family and friends, specialized home services, and community resources. A limited but expanding body of research underscores the significance of peer support in influencing clinical and behavioral outcomes among individuals with diabetes. The availability of diabetes support groups, whether in virtual or physical settings, has grown substantially. Online peer support communities, in particular, have seen a surge in popularity. Engaging in these groups can yield advantages in addition to traditional treatment methods. It provides an opportunity to enhance one's knowledge about diabetes and establish connections with individuals actively participating in peer support for diabetes. Various resources, such as blogs, podcasts, social media channels, and online platforms, can serve as valuable outlets for accessing this support and information. Several support groups have interactive discussion boards. The ADA offers a Diabetes Support Directory that lists various support groups across the United States. Diabetes Daily website offers a comprehensive list of online diabetes communities. Diabetes Sisters organization provides a range of resources for women with diabetes, including online forums. Diabetic Connect website offers a range of resources for people with diabetes, including online forums.

In addition to these online resources, there are also many in-person support groups available. These groups offer an

opportunity to connect with others who have similar experiences and challenges. Diabetes prevention programs are interventions that aim to reduce the risk of developing type 2 diabetes by promoting healthy lifestyle changes, such as eating a balanced diet, increasing physical activity, and losing weight. The National Diabetes Prevention Program (National DPP) is a collaborative effort involving both public and private organizations, under the leadership of the Centers for Disease Control and Prevention (CDC).

This initiative leverages key components of the Diabetes Prevention Program (DPP) to provide evidence-based lifestyle change programs to individuals who are at risk for developing type 2 diabetes. These programs are accessible through various channels, including community centers, healthcare facilities, workplaces, and online platforms. The WHO Global Diabetes Compact is a 2023 initiative introduced by the World Health Organization (WHO). Its primary objective is to mitigate the risk of diabetes and guarantee that individuals diagnosed with diabetes receive fair, comprehensive, affordable, and high-quality treatment and care. Furthermore, this Compact lends its support to the prevention of type 2 diabetes, particularly stemming from factors such as obesity, unhealthy dietary habits, and a lack of physical activity. The program begins with an initial 6-month phase during which a minimum of 16 weekly sessions are offered over a period lasting at least 16 weeks and not more than 26 weeks. During the second 6 months, participants meet once or twice a month. According to the Centers for Disease Control and Prevention (CDC), the average cost of program delivery for the Diabetes Prevention Program (DPP) is around \$500 per participant annually. This is a small amount considering that people with diagnosed diabetes incur average medical expenditures of approximately \$16,750 per year, of which approximately \$9,600 is attributed to diabetes. However, the cost of participating in the DPP may vary depending on the program's location and the type of insurance coverage available.

CONCLUSION

Approximately three years into the study, the Diabetes Prevention Program (DPP) revealed that individuals enrolled in

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the DPP Lifestyle Change Program reduced their risk of developing type 2 diabetes by 58% when compared to participants who received a placebo (an inert pill without any active medication). Importantly, the DPP Lifestyle Change Program demonstrated effectiveness across all racial and ethnic groups as well as among both men and women in the study. The DPP has also shown that participants who took part in this

program or are taking metformin continue to prevent or delay type 2 diabetes for at least 15 years. Some insurance providers may cover the cost of participation in the DPP, while others may not. It's best to check with the healthcare provider or insurance provider to determine if they cover the cost of participating in the DPP.