



Website

[fallbrookhealth.org/lifestyle-change-program](http://fallbrookhealth.org/lifestyle-change-program)



Referral Form

## National Diabetes Prevention Program (DPP)

### Overview:

- The National DPP Program is a CDC-recognized lifestyle change program with extensive evidence supporting its use in individuals at increased risk of type 2 diabetes.
- The DPP is proven to lower the risk of developing type 2 diabetes among high-risk individuals by 58% with a 71% risk reduction for people patients over 60 years old.
- Outcomes show that prevention or delay of diabetes with lifestyle intervention can persist for at least 10 years.
- The DPP utilizes the CDC-approved Prevent T2 curriculum.
  - Teaches participants skills related to healthy nutrition, incorporating physical activity, stress management, motivation, and problem-solving to promote long-term sustainable lifestyle change.
  - A trained lifestyle change coach delivers sessions to groups of patients over the course of one year. Meetings are weekly for the first six months and twice monthly for the second six months.
- The program's goal is to decrease body weight by 5-7% and increase weekly activity to 120 minutes resulting in lower A1C.
- We promise to create a fun and engaging experience for your patients.

### Whom to refer:

- Patients who are diagnosed with prediabetes.
- Patients who are overweight or obese and/or at otherwise high risk for developing prediabetes, including those with a family history of diabetes, a personal history of gestational diabetes, or those who are physically inactive.

### How to refer & workflow:

- Choose between two ways to refer patients.
  - FAX or email Physician Referral Form
  - Use the form on our website [fallbrookhealth.org/lifestyle-change-program](http://fallbrookhealth.org/lifestyle-change-program) (see QR code) and provide patients with the flyer about the program.
- Our lifestyle change coach team will contact the patient to determine eligibility for this program.
- We will notify you of patients who are accepted to the program.
- Please check referred patients' A1c levels at the time of referral, at 6 months into the program, and upon completion of the program at 12 months. Please also provide patients with a copy of these results.

**Questions:** Contact Theresa Geracitano at 760.731.9187 or [tgeracitano@fallbrookhealth.org](mailto:tgeracitano@fallbrookhealth.org)