Abstract

**Cooperative Extension as a Model for Dissemination of the National Diabetes Prevention Program**

In Arizona, 700,000 adults have diabetes. Even more concerning, about **1.8 million are estimated to have prediabetes**. The National Diabetes Prevention Program (NDPP) is a group, lifestyle-based intervention offered over a year’s time, with 16 weekly/bi-weekly/hour-long sessions in months 1-6, followed by 6-10 sessions during months 7-12. The evidence-based CDC curriculum, *PreventT2*, promotes healthy eating, physical activity, and modest weight loss. NDPP has robust research supporting its success in reducing or delaying the onset of type 2 diabetes by 58%. In participants aged 60+, the risk reduction was 71%.

The impact of diabetes is most strongly felt in medically underserved areas (MUAs), where healthcare access is limited. The dissemination of the NDPP to MUAs is crucial to alleviating health disparities in those regions. However, it is constrained by lack of trained personnel and access. The Cooperative Extension (CE) System addresses these constraints. CE has offices in most counties across the US, staffed with trained educators. Additionally, other Extension programming may complement and enhance the lifestyle outcomes encouraged in the NDPP. In 2018, UA CE begun delivering the NDPP, and is currently offering the program in 7 counties, with 81 participants enrolled. Program success is evaluated by measuring primary outcomes determined by the CDC: change in body weight and increase in weekly minutes of physical activity. Among participants who have attended at least 6 months of the program (n=30), average weight loss is 3.6%.