By Scott Koeing

The Diabetes Prevention Program (DPP) is an evidence-based intervention to prevent the onset of type 2 diabetes. The Maricopa County Cooperative Extension office, like in many counties in the US, has strong outreach education as a prominent instrument of outreach to the communities. The CDC's Diabetes Prevention Program is a year-long program with 26 lessons spread throughout the year. Lessons include nutrition and physical activity basics as well as strategies for changing behaviors. Our current cohort, the first exclusively online DPP class at MCCE, is a wonderful group of participants who are very responsive to the new format and to make gardening information more accessible.

The Diabetes Prevention Program has a proven track record of success. A randomized clinical trial of the program found that participants who completed the program lost an average of 5% of their body weight or more, and that those who maintained their weight loss for one year had a 58% lower risk of developing type 2 diabetes compared to those who did not complete the program. The Diabetes Prevention Program is a year-long program with 26 lessons spread throughout the year. Lessons include nutrition and physical activity basics as well as strategies for changing behaviors. Our current cohort, the first exclusively online DPP class at MCCE, is a wonderful group of participants who are very responsive to the new format and to make gardening information more accessible.

A new study, published in the journal Preventive Medicine, found that the Diabetes Prevention Program can be successful even in rural areas. The study, conducted in the state of Arizona, found that the program was effective in reducing the risk of developing type 2 diabetes among rural residents. The study also found that the program was cost-effective, with participants who completed the program saving an average of $3,300 per person over the course of the program. The Diabetes Prevention Program is a year-long program with 26 lessons spread throughout the year. Lessons include nutrition and physical activity basics as well as strategies for changing behaviors. Our current cohort, the first exclusively online DPP class at MCCE, is a wonderful group of participants who are very responsive to the new format and to make gardening information more accessible.

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