



Diabetes Prevention Program

Geographic Area: Statewide

Target Audience: All residents who have pre-diabetes

Lead Organization: Diabetes Prevention and Control Program (DPCP)

Description: The DPCP is exploring the possibility of implementing the Diabetes Prevention Program (DPP) in New Mexico. The DPP supports establishing a network of lifestyle intervention programs to promote moderate weight loss and increased physical activity for those with prediabetes. We know that lifestyle interventions - losing weight, making healthier food choices, increasing physical activity - can prevent type 2 diabetes from the NIH- and CDC-funded Diabetes Prevention Program clinical trial. This showed that among overweight people with prediabetes, moderate weight loss of 5 to 7 percent, along with at least 150 minutes of physical activity a week, reduced the risk of progressing to type 2 diabetes by nearly 60 percent. We are looking at ways to establish DPP lifestyle intervention programs in New Mexico.