Diabetes Prevention in the San Fernando Valley

A graduate project submitted in partial fulfillment of the requirements
For the degree of Master of Public Health in Community Health Education

By

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Abstract

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Today, there are more than 96 million adults living with prediabetes in the United States. If left untreated, prediabetes can lead to the development of Type 2 diabetes and other serious health conditions. Yet despite the persistent rise in prevalence over the past decade, prediabetes remains a treatable and potentially reversible condition. In response to prediabetes as a public health risk with far-reaching consequences, the US Centers for Disease Control and Prevention Diabetes Prevention Program developed the National Diabetes Prevention Program. This cost effective, lifestyle change program offers an evidence-based approach to treating prediabetes through small, manageable steps that add up to lasting lifestyle changes to prevent or delay type 2 diabetes. This paper examines the National Diabetes Prevention Program interventions provided by A Vision of Health, a non-profit charitable organization dedicated to reducing the incidence and severity of disease through programs that focus on early detection and lifestyle intervention. Encouraged by the power of prevention, A Vision of Health was established to confront the growing threat of prediabetes, and has focused their efforts on delivering the National Diabetes Prevention Program with the goal of reducing the incidence and prevalence of this devastating ailment.