

IDEA World Nutrition and Behavior Change Summit
Reversing the Invisible Epidemic: Coaching People Who Have Prediabetes
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11:45AM-1:00PM

Overview:

With 84 million Americans affected by prediabetes, it's clear that prevention programs focused on improving nutrition and physical activity are critical for public health. This session explores how health coaches and health professionals are uniquely positioned to fill a critical need in addressing this epidemic and offering individual and group-based diabetes prevention programs.

Learning Objectives

1. Describe the prevalence, pathophysiology, and consequences of prediabetes
2. Detail the most effective interventions for preventing the progression of prediabetes to type 2 diabetes
3. Describe common barriers to participating fully in a diabetes prevention program
4. List several physical activity and nutrition principles to best manage prediabetes
5. Use health coaching strategies to help increase uptake and adherence to diabetes prevention lifestyle programs
6. Describe at least one way to engage with clinicians, healthcare systems, and/or payers to reduce the prevalence and burden of prediabetes

OUTLINE

Who is At Risk for Prediabetes

- Diabetes Risk Test
- Prediabetes->Diabetes->Complications
- Staggering Costs
- High prevalence of prediabetes, that progresses to type 2 diabetes if no intervention

The Treatment Trifecta

- Overview Diabetes Prevention Study
- Lifestyle intervention highly effective, even more so than medication
- Physical activity (150 minutes per week), 5-7% weight loss, healthy eating pattern

Diabetes Prevention Program and Interventions

- Characteristics of programs that work
- Barriers to participation
- Coaching tools to increase physical activity
- Nutrition and prediabetes
- Smart Goals and Action Plans

Now is the Time!

- Making connections with healthcare and workplaces
- Meeting the high demand for diabetes prevention lifestyle change leaders

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