

West Virginia Department of Health, Bureau for Public health, Division of Health Promotion and Chronic Disease

2025 Diabetes Prevention and Management Programs Offered in West Virginia

	National Diabetes Prevention Program (NDPP) Accredited by the Centers for Disease Control and Prevention (CDC).	Diabetes Education Accreditation Program (DEAP) Accredited by the Association of Diabetes Care and Education Specialists (ADCES)	Education Recognition Program (ERP) Accredited by the American Diabetes Association (ADA)	Public Employee Insurance Agency (PEIA) Face to Face Diabetes Program	WVU Extension Dining with Diabetes	West Virginia School of Osteopathic Medicine- Center for Rural and Community Health (CRCH) Licensed by Stanford University (DSMP)
Program Type	Prevention	DSMES Services & Mangement		Management	Prevention and Management	Management
Program Eligibility	<p>To participate, you must meet ALL 4 of these requirements:</p> <ol style="list-style-type: none"> 1. Be 18 years or older. 2. Have a body mass index (BMI) of 25 or higher (23 or higher if you're an Asian American person). 3. Not be previously diagnosed with type 1 or type 2 diabetes. 4. Not be pregnant. <p>You'll also need to meet 1 of these requirements:</p> <ol style="list-style-type: none"> 1. Had a blood test result in the prediabetes range within the past year (includes any of these tests and results): <ul style="list-style-type: none"> • Hemoglobin A1C: 5.7%–6.4% • Fasting plasma glucose: 100–125 mg/dL • 2-hour plasma glucose (after a 75g glucose load): 140–199 mg/dL. 2. Be previously diagnosed with gestational diabetes (diabetes during pregnancy). 3. Received a high-risk result (score of 5 or higher) on the <u>Prediabetes Risk Test</u>. 	Individuals diagnosed with diabetes and prediabetes		If you or your dependents are in PEIA's Preferred Provider Benefit Plan or are a non-Medicare retiree and have diabetes	Individuals with diabetes and their family members, caregivers, and support persons can enroll in Dining with Diabetes.	Individuals with type 2 diabetes and/or caregivers may attend
Program Description	<p>Program overview:</p> <p>The National Diabetes Prevention Program lifestyle change program empowers patients with prediabetes to take charge of their health and well-being with no referral needed.</p> <p>Content areas include:</p> <p>A trained Lifestyle Coach leads the program. They help you change certain lifestyle habits, like eating healthier, reducing stress, and getting more physical activity. The program also includes group support from others who share your goals and struggles. It's delivered both in person and online.</p>	<p>Program Overview:</p> <ul style="list-style-type: none"> • Focuses on increasing knowledge and skills to improve diabetes control • Led by a licensed health professional (i.e., nurse, dietitian, pharmacist, and/ or a certified diabetes educator). • Emphasizes the medical management of the disease and seven self-care behaviors including healthy, eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks. <p>Content Areas Include:</p> <ul style="list-style-type: none"> • Diabetes disease process and treatment options. • Incorporating nutrition management, physical activity, and appropriate medication treatments. • Proper blood glucose monitoring and using results to improve glucose control to prevent diabetes-related complications • Goal setting and problem solving • Integrating psychosocial adjustment preconception care and management during pregnancy (if applicable) 		<p>Program Overview:</p> <ul style="list-style-type: none"> • Provide self-monitored glucose values to your F2F Diabetes Program provider at each visit • Participants attend regularly scheduled appointments with face to face (F2F) provider and physician • Participants actively engage in improving health by learning about diabetes, medications, nutrition, monitoring, and being active • F2F provider (pharmacist) works with physician and patient to ensure the best patient diabetes self-management 	<p>Program overview:</p> <p>Dining with Diabetes is a series of classes that run once a week for four consecutive weeks. Classes are offered at varying times to provide participants with a time that works best for them. (Once you register, you'll be given a list of times available, and you can select the one that works best for you.)</p> <p>Content areas include:</p> <p>During the classes, you will learn how to prepare meals that are healthy, easy to make and tasty. Each class also provides live cooking demonstrations. And, you will also learn up-to-date information on nutrition, meal planning, exercise and how to understand common diabetes-related medical tests. Recipes and handouts will be given to each participant.</p> <ul style="list-style-type: none"> • Learning and discussion • Live food demonstrations • Simple and healthy food ideas • Low Impact physical activity 	<p>Program Overview:</p> <p>This workshop teaches the skills needed in the day-to-day management of diabetes in order to maintain and/or increase an active and fulfilling lifestyle. The curriculum teaches self-managed lifestyle change and coping strategies to allow participants to manage their diabetes and medications and to increase physical activity levels. The program is designed to help people gain self-confidence in their ability to control their symptoms and understand how diabetes affects their lives.</p> <p>Content Areas Include</p> <p>Peer-led (trained facilitators)</p>
Cost to Patient (subject to change)	The cost of participating in the lifestyle change program varies, depending on location, organization offering it, and type of program (in person or online). In addition, some employers and insurance carriers cover the cost of these programs. Check with your employer or insurance carrier .	Medicare covers up to 10 hours of DSMES (Medicare's DSMT / diabetes self-management training benefit) as a once-in-a-lifetime benefit. Medicare covers up to two hours of DSMT with a new referral every year after that.		PEIA will waive co-payments for some diabetes-related prescriptions and supplies once your deductible has been met.	Free to participants	Public health endorsed
Duration	<p>The program runs for 1 year.</p> <ul style="list-style-type: none"> • During the first 6 months of the program, you'll meet about once a week. • During the second 6 months, you'll meet once or twice a month. 	12 month period followed by 2 hours of follow up training each year.		Once a month for first 3 months, then quarterly for first year of enrollment. Second year is based upon current HbA1c	Weekly virtual sessions	6 weeks, 2.5 hours per week
Type	Virtual and group	Individual or group		Individual	Virtual and group	Group
website	https://www.cdc.gov/diabetes-prevention/	ERP : https://professional.diabetes.org/education-recognition-program DEAP: https://www.diabeteseducator.org/		https://www.peiaf2f.com/	https://extension.wvu.edu/food-health/diabetes/dining-with-diabetes	https://crch.wvsom.edu/SelfManagementPrograms
Program Contact Information	https://www.cdc.gov/cdc-info/site.html	DEAP: Phone: 800-338-3633 option 6, Fax: 312-601-4894, Email: deap@adces.org ERP: ERP@diabetes.org or call 1-888-232-0822		304-558-7850	extension.service@mail.wvu.edu 304-293-4221	self-management@osteo.wvsom.edu or 304-793-6851