

# Adapted diabetes prevention program deemed effective

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(HealthDay)—An adapted Diabetes Prevention Program (DPP) lifestyle intervention significantly improves cardiovascular disease-related risk factors among participants, according to a study published in the June issue of the *Journal of the American Geriatrics Society*.

Sarah M. Brokaw, M.P.H., from the Montana Department of Public Health and Human Services in Helena, and colleagues compared outcomes before and after implementation of an adapted DPP lifestyle intervention among 3,804 adults at high risk for [cardiovascular disease](#) and type 2 [diabetes mellitus](#). Sixteen weekly core sessions and six monthly post-core intervention sessions were held.

The researchers found that participants aged 65 and older were significantly more likely to attend more intervention sessions, self-monitor their fat intake, and achieve the physical activity and weight loss

goals, compared to participants younger than 65 years. There were significant improvements in cardiovascular disease-related risk factors among both older and younger participants.

"One major barrier to the dissemination of this evidence-based intervention in the United States is that few insurers, including Medicare, provide reimbursement for this service," the authors write.

**More information:** [Abstract](#)  
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