

Activity: The Science: Diabetes Prevention

Activity Summary Form

Name of Activity: “The Science: Diabetes Prevention,” by National Diabetes Education Program (NDEP)

Tools Needed:

PowerPoint Presentation
Meeting Room
Computer
Overhead Projector
Participant Evaluation Forms

Suggested Time:

15-20 minutes for presentation
10 minutes question/answer period

Suggested Audience:

The audience for this presentation can be the following: health care providers (doctors, nurses, physician assistants, medical assistants, etc), social workers, health educators, public health workers, and members of the general public seeking health-related knowledge.

Objective: To increase the knowledge of health care professionals and consumers about the risk factors for development of diabetes and pre-diabetes, as well as the prevention of diabetes.

Learning Objectives for participants:

At the end of this presentation, those attending the presentation will:

- Agree that Type 2 diabetes is preventable
- Agree that overweight and older age are major risk factors for pre-diabetes
- Agree that pre-diabetes testing for those with the above risk factors is important
- Agree that they learned something new about prevention and pre-diabetes
- Be able to name at least 2 lifestyle interventions to prevent Type 2 diabetes