Let's Reduce the Incidence of Diabetes... Together

Western North Carolina Has a Diabetes Epidemic

Nearly 11% of Western North Carolina residents have been diagnosed with diabetes.²

Recent data indicate people who develop type 2 diabetes can lose as many as 15 years of life.

Complications from diabetes include cardiovascular disease, kidney disease, glaucoma and loss of vision, amputation, and more.³

The MountainConnections Diabetes Prevention Program

Write Your Patients the Prescription for Health

Have you seen your at-risk patients struggle to make the lifestyle changes that could prevent diabetes? The MountainConnections Diabetes Prevention Program (DPP) could help.

We are recruiting clinical providers to refer their at-risk patients to the MountainConnections DPP. The program consists of 16 group classes and multiple one-on-one support sessions with a trained Lifestyle Coach. By the end of the program, participants will know how to:

- Maintain a healthy weight
- Prepare simple, healthy meals
- Find time to be physically active

MountainWise can help you find a participating program near you. Contact us via our website mountainwise.org/contact.

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