



West Side

Community Health Services

**Final Report to the Twin Cities District Dietetic Association
January 6, 2010**

There are an estimated 19 million people affected by Diabetes in the United States. This figure is projected to increase to 26 million by the year 2030. West Side Community Health Services' (West Side) Diabetes Prevention Program (DPP) works hard to reduce the number of people in its community who are affected by Diabetes by offering a weekly two-hour class spanning 12 weeks. The most recent DPP group consisted of ten pre-diabetic women meeting weekly to discuss topics such as: reducing fat consumption, choosing a balanced and healthy diet, safely increasing physical activity, stress management, and staying positive and motivated. Final results indicate a total group weight loss of 64 pounds and all women reported healthy blood glucose levels; reversing their previous pre-diabetes diagnosis. Anecdotal reports also indicate that the women enjoyed taking charge of their health and one woman exclaimed "I help myself, but I also help my family to be healthy as a whole." West Side is pleased to report these findings to the Twin Cities District Dietetic Association and looks forward to continue offering this invaluable services to its patients in the years to come.