



April 18, 2017

Dear Drake University Employee:

I am a registered dietitian and a provider of the National Diabetes Prevention Program at the Fleur Drive Hy-Vee in Des Moines, IA. I am reaching out to you because you may be at risk for compromised health conditions, such as diabetes. According to the Centers for Disease Control and Prevention (CDC), an estimated 1 in 3 adults have prediabetes and 9 out of 10 people with prediabetes are unaware they have it. People with prediabetes are at high risk for developing type 2 diabetes. Fortunately, research has found that type 2 diabetes can be prevented or delayed with modest weight loss (5% to 7% of total body weight) through dietary changes and moderate physical activity in the evidence-based and cost-effective National Diabetes Prevention Program.

Participant eligibility is based on the following requirements:

- Be at least 18 years old **and**
- Be overweight (Body Mass Index (BMI) ≥ 24 ; ≥ 22 if Asian) **and**
- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7---6.4% **or**
 - Fasting plasma glucose: 100---125 mg/dL **or**
 - Two-hour plasma glucose (after a 75 gm glucose load): 140---199 mg/dL **or**
- Be previously diagnosed with gestational diabetes **and**
- Have no previous diagnosis of diabetes
- Please refer to your most recent wellness screening/physical if uncertain.

I currently have scholarships available to cover the cost of this year long program to help you prevent developing diabetes and am offering them exclusively to employees of Drake University who meet the requirements above (value of \$499).

The National Diabetes Prevention Program is a year-long program, split into 2 sections. The first section is 16 consecutive weeks where we will have different educational session each week. Section two is 1 educational session each month for the next 8 months. **Classes will begin in September and be held on the Drake University campus during the day. Registration begins now and ends June 19th, 2017 to be considered for the class.**

Please feel free to contact me by email at acundiff@hy-vee.com or call 515.285.7266 if you have any questions or would like more information on this program. Individuals will be considered on a first come, first served basis.

For more information, please go to the website: <https://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html>

Sincerely,
Anne Cundiff, RD, LD, FAND

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