

# UNIVERSITY OF CALIFORNIA

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Dear UC Campus Health and Wellness Colleagues,

On behalf of the UC Health leadership team, I am writing to express our support for the UC campus-based Diabetes Prevention Program (DPP). UC Health will support campuses in the development, operation, and communication of their program, including financial support of \$25,000 per campus, for an initial two-year pilot. As you may know, the overarching goal of the DPP is to prevent the onset of type 2 diabetes in at-risk individuals. I am hopeful that all ten campuses will participate over the course of the two-year pilot, although I understand that campuses are in different stages of decision-making and will join when the time is opportune for them.

The UC DPP design and structure is based on robust research that showed that at-risk individuals that completed a structured lifestyle change program over the course of a year, and who lost a modest amount of weight, reduced their chances of developing diabetes by 58%. An external monitoring board recommended that the study conclude a year early because the results were so compelling. Forty-five percent of the study participants were from minority groups, which mirrors the diversity of the UC community and the health and wellness challenges our people face.

Not only does the program have proven clinical outcomes, but it also aligns with the University's focus on diabetes prevention as a wellness priority. The program will operate alongside the University's Healthy Campus Network, which President Napolitano established to focus more attention and resources on the health and well-being of our people. Those that participate in the program will receive individual counseling and motivational support on effective diet, exercise, and behavior modification. The program will be free to all UC employees and their families, regardless of which insurance plan they are enrolled in. It will be another option for at-risk individuals that complements current diabetes prevention programs such as Solera and Omada.

I am hopeful that the wellness and health care leaders throughout UC will join us in supporting this great program initiative. UC Health is committed to supporting this campus-driven program during the two-year pilot and will pledge long-term support if the program is successful and meets its objectives in preventing diabetes and reducing the personal and financial burden the condition places on the UC community.

Laura Tauber, Executive Director  
UC Health (UC Office of the President)