

What is the Southeast Diabetes Faith Initiative

The Southeast Diabetes Faith Initiative (SDFI) is a multi-state faith-based program created by The Balm In Gilead, Inc to expand access and utilize the National Diabetes Prevention Program (National DPP) and PreventT2 curriculum. The Southeast Diabetes Faith Initiative brings together community based organizations, faith based organizations, employers, insurers, health care professionals, and other stakeholders to prevent or delay the onset of type 2 diabetes specifically among communities of color.

What Makes Us Different

The Southeast Diabetes Faith Initiative creates a sustainable infrastructure within faith-based institutions to effectively deliver the National Diabetes Prevention Programs curriculum. Through the program, participants across six states are learning the skills they need to lose weight, be more physically active, and manage stress. If you suffer from prediabetes or other risk factors of type 2 diabetes, you can make a change to improve your health.

Program Overview

The Southeast Diabetes Faith Initiative is a yearlong program designed for people with prediabetes. It is also designed for people who are at high risk for type 2 diabetes and want to lower their risk. The Southeast Diabetes Faith Initiative is free to all participants.

Program Structure

The Southeast Diabetes Faith Initiative utilizes the PreventT2 curriculum, developed by the CDC. All participants are assigned a certified PreventT2 lifestyle change coach to guide and encourage you through your journey.

During the course of the yearlong program, you will meet as outlined below:

- Once a week for four months to jump start your journey.
- Every other week for two months to keep you motivated and accountable.
- Once a month for six months to ensure that you are sticking to your goals and plans.

Program Goals

The Southeast Diabetes Faith Initiative helps participants achieve moderate weight loss by eating well and being active.

By the end of the first six months, the overall goal is to:

- Lose at least 5 to 7 percent of your starting weight.
- Get at least 150 minutes of physical activity each week.

By the end of the second six months, the goal is to:

- Keep off the weight you have lost.
- Keep working toward your weight goal.
- Continue getting at least 150 minutes of activity each week.

For more information, visit
www.balmingilead.org/sdfi

