



In recognition of **World Diabetes Day**, [WorkWell NYC](#) wants to make sure you know where to find information about programs for New York City employees on how to prevent or manage [diabetes](#).

The Office of Labor Relations offers [two programs](#) for New York City employees with pre-diabetes or diabetes:

- **National Diabetes Prevention Program (NDPP):** This program helps people who are overweight and have pre-diabetes take important steps to delay or avoid developing diabetes in the future. Pre-diabetes occurs when your blood glucose (sugar) level is higher than normal, but not yet high enough to be called diabetes. There are more than 1.3 million adults in NYC who have pre-diabetes, many of whom might not know they have it. A national study found that only 1 out of 10 people who have pre-diabetes know it. The WorkWell NYC NDPP is offered at the workplace at no cost for eligible employees.

Find out your estimated pre-diabetes risk with the [CDC risk calculator](#) and discuss your results and risk reduction strategies, including the NDPP, with your health provider.

NYC employee reflection on the NDPP:

“My experience in the National Diabetes Lifestyle Intervention Program has been a blessing. We learn to manage the ups and downs in our own individual ways with all the tools that are provided to us. I have been on every diet imaginable, and I thought I knew it all, but I have learned something new every single week, and the new knowledge has given me confidence that, this time, I can keep the weight off. The group is an inspiration. Thank you!”

-Renée Harper, NDPP participant

- **Case Management Program: A program for City Health Plan enrollees*** living with diabetes, including gestational diabetes.** This program gives people the tools, information, and support for healthy living with diabetes by involving nurse case managers and social workers. They help make sure people living with diabetes get the best care possible.

Whether or not you participate in either program, the following activities can help you to [reduce your risk](#) for diabetes, and manage your condition if you [already have diabetes](#).

- Exercise regularly
- Maintain a healthy weight
- Eat a [balanced diet](#) that is high in fruits and vegetables and low in saturated fat, sugar and salt

WorkWell NYC wants to help you and your family stay healthy. For more information on these and other resources for New York City employees, visit the [WorkWell NYC](#) page or contact workwell@olr.nyc.gov.

***This program is only open to individuals covered by EmblemHealth**

****Pregnant women who have never had diabetes before but who have high blood sugar (glucose) levels during pregnancy are said to have gestational diabetes.**

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