



NATIONAL DIABETES PREVENTION PROGRAM



WHAT IS THE NATIONAL DPP?

Health coaching for people with prediabetes!

Receive help to lose weight and prevent type 2 diabetes.

The National Diabetes Prevention Program is a one-year health class for adults diagnosed with or at risk for prediabetes. Taught by a trained lifestyle coach, the program will help participants to eat well, improve their physical activity, and develop healthy habits. The goal of the program is to help participants lose weight and prevent their prediabetes from becoming type 2 diabetes.

PROGRAM FEATURES

The program is offered in-person and online. You can choose!

The National Diabetes Prevention Program is taught for one year:

- During the first 6 months of the program, you'll meet about once a week.
- During the second 6 months, you'll meet once or twice a month.

In the first half of the program, you will learn to:

- Eat healthy without giving up all the foods you love.
- Add physical activity to your life, even if you feel too busy
- Deal with stress.
- Cope with challenges that can slow your progress, like choosing healthy food when eating out.
- Get back on track if you stray from your plan.

In the second half of the program, you'll focus on continuing your new habits. These sessions will help you to continue tracking your food and physical activity, setting goals, staying motivated, and overcoming challenges. Your Lifestyle Coach and the group will continue to support you.

PROGRAM GOALS:

- **Develop healthy eating habits**
- **Develop physical activity habits**
- **Lose 5-7% of your body weight**
- **Prevent prediabetes from becoming type 2 diabetes**

**FREE
PROGRAM
AT UICSL**

DO I QUALIFY TO SIGN UP?

To sign up for the program, you must:

Meet ALL 4 of the following requirements:

- Be 18 years or older
- Have a BMI of 25 or higher
- Not be currently diagnosed with type 1 or 2 diabetes
- Not be pregnant

You'll also need to meet 1 of these requirements:

- Be diagnosed with prediabetes
- Be previously diagnosed with gestational diabetes
- Or score 5 or higher on the **Prediabetes Risk Test** (see back page)

SIGN UP BY CALLING TYRONE @ (801) 486-4877