

# Free DTTAC Advance™ Live Webinar

National DPP Advanced Coach Training (ACT)\* sponsored by the  
North Carolina Department of Health and Human Services



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## All Foods Can Fit: Understanding the Nutrition Approach of the National DPP



Thursday, January 27<sup>th</sup>, 2022 from 1:00 – 2:00pm ET

[Register Here](#)

The National DPP lifestyle change program is not an individualized nutrition program. Nor is it intended to be a restrictive or prescriptive diet. Many lifestyle coaches struggle with this less directive approach to lifestyle change and wonder if giving more specific guidance would yield faster or more ideal results. In this webinar, the current approach to healthy eating presented in the refreshed Prevent T2 curriculum will be reviewed and explained. Experienced lifestyle coaches with nutrition science expertise will share their perspectives and reflect on their efforts to help participants understand this nutrition guidance and make changes to support diabetes prevention.

*\*All DTTAC Advance™ Webinars qualify as **Advanced Coach Training (ACT)** for lifestyle coaches and program coordinators now required under CDC DPRP Standards.*

- Diversity & Inclusion
- Group Dynamics & Facilitation
- Health & Wellness**
- The Science of Change
- Program Implementation

### How to Register



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