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DTTAC *Advance*TM Podcasts

DTTAC *Advance*TM Podcasts are 20-30 minutes podcast episodes perfect for the Lifestyle Coach on the go. Dialogues cover practical and informational topics centered around enhancing the skills of lifestyle coaches delivering the National Diabetes Prevention Program.

3 podcasts = 1 hour of Advanced Coach Training (ACT) required under the CDC DPRP Standards.

A Decade of Prevention*

[Listen Here](#)

Where We've Been, What We've Learned, and Where We're Going

Welcome to DTTAC Dialogues! Join us for our inaugural podcast as we look back over the last 10-12 years of National DPP work and discuss the program inception, training a workforce of Lifestyle Coaches, and challenges that the program faces in the next 10 years.

*This first podcast was offered for free as part of Diabetes Awareness Month, thus does *not* qualify as ACT

Ensuring Success

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Health Equity and National DPP Delivery

Join us as we delve into the crucial link between socioeconomic disparities and diabetes risk, examining how factors such as income, education, and access to healthcare influence one's vulnerability to developing diabetes. Hear from Lifestyle Coaches about how they are utilizing a toolbox of strategies to bridge the gap and make diabetes prevention more inclusive and accessible for everyone.

Food Realities

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Addressing Food Insecurity and Cultural Eating

In this episode we will explore the intricate relationship between food access and diabetes prevention, discovering how collective action can pave the way for a healthier, more nourished future for everyone. Lifestyle Coaches will share practical ways they address the various food realities and help to ensure their participants can be successful in the Lifestyle Change Program.

Language & Literacy

Fostering Understanding for Participants in the National DPP

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Inequities In this episode, we delve into a critical yet often overlooked aspect of diabetes prevention –the profound role of language and literacy. We will explore how effective communication and health literacy are essential tools in the fight against diabetes and important for driving equitable health outcomes. Join us as we explore how using clear language can bridge the gap between medical information and public understanding, empowering individuals to make informed choices about their health. Discover how a simple shift in communication can inspire lasting change and motivate individuals to prioritize their well-being.

The Power of Place

How Community Impacts Participants in National DPP

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In this episode we will explore the power of place and how things like neighborhood infrastructure, access to healthy food, safe outdoor spaces, and community resources can shape our health choices and impact diabetes risk. Through captivating stories and evidence-based insights, we'll uncover how systemic disparities in different regions can contribute to unequal prevention opportunities. Tune in to broaden your perspective, grasp the significance of creating supportive environments, and gather actionable knowledge to drive positive change in your community's fight against diabetes.

The Soft Stuff

Empathy and Rapport Building

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Bias In this episode we will hear from guest experts that will share insights on how Lifestyle Coaches can cultivate empathy, actively listen, and establish strong rapport to foster meaningful relationships with participants in the National DPP. It is the quality of the Lifestyle Coaches relationship with participants that has the biggest impact on participants, the group and likely retention and progress in the program. Join us as we discuss the powerful role that empathy, trust and rapport play in program success.

Wait, Wait, Don't Leave

Organizational and Coach Strategies for Keeping Participants Coming Back

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The more sessions a participant attends, the more likely they are to make progress on and reach their diabetes prevention goals. In this DTTAC Dialogue we will examine key practices for organizations and coaches to enhance the likelihood of retaining participants in the National DPP Lifestyle Change Program.