



PREVENT DIABETES

NATIONAL DIABETES PREVENTION PROGRAM: A PROVEN LIFESTYLE CHANGE PROGRAM

WHAT IS THE NATIONAL DIABETES PREVENTION PROGRAM (DPP)?

A Centers for Disease Control and Prevention (CDC) recognized lifestyle program that can help people with pre-diabetes cut their risk of developing type 2 diabetes in half and improve overall health.

KEY COMPONENTS OF THE PROGRAM

- Evidence-based program targeted to individuals with pre-diabetes with the goal of weight loss and behavior change.
- A lifestyle coach, specially trained to lead the program.
- A support group of people with similar goals and challenges.
- 16 weekly group sessions, followed by 7 monthly maintenance sessions.

YOU WILL LEARN HOW TO

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|-----------------|-------------------------|
| • Eat healthy | • Manage stress |
| • Be active | • Change your lifestyle |
| • Self-monitor | • Stay motivated |
| • Problem solve | • Be positive |

WHO CAN TAKE THE CLASS

People who have been diagnosed with pre-diabetes or are at risk for diabetes.

WHEN

You will receive a schedule with all dates.

WHERE

Virtual and in-person class options are available.

COST

This program is **FREE**.

REGISTRATION

Registration is required as space is limited. To register, please scan the QR code below or visit umbwmc.org/calendar and select your desired class.

For questions, please call 410-553-8103.

