

Eating healthy food and being physically active are good for your health and can help you avoid chronic diseases like diabetes. But those two things are easier said than done.

Take the first step and enter the National Diabetes Prevention Program.

This program teaches you the skills and gives you the tools you need to make a change for life. In this program, you will learn strategies to incorporate healthy eating and moderate physical activity into your daily life, as well as techniques to handle stress and strategies to overcome barriers to a healthy lifestyle.

Who Can Participate in the Program?

If you have a body mass index (BMI) of 24 or higher, have prediabetes, or have been told by a doctor that you are at risk for developing type 2 diabetes, then you may be eligible to participate in the Lifestyle Change Program.

You can determine your risk by:

- 1) Taking a blood test to measure your blood sugar.
- 2) Taking the risk assessment quiz at www.pphd.org/DPP.html



This proven-effective lifestyle change program will be offered in many Panhandle communities.

To make a change for life, contact:

Tabi Prochazka
Lifestyle Program Coordinator
tprochazka@pphd.org
(866)701-7173 ext 107

or your local Lifestyle Coach:

Panhandle
Public Health District

Begin your wellness journey today - we can help!



Are you ready?

The National Diabetes Prevention Program can change your life in one year.

People with prediabetes have a high risk of developing type 2 diabetes, heart disease and stroke.

Diabetes is a major cause of :

- Kidney Failure
- Stroke
- Heart Disease
- Blindness Among Adults
- Foot and Leg Amputations

About the National Diabetes Prevention Program

The National Diabetes Prevention Program is a year-long lifestyle change program in which people at risk for type 2 diabetes meet in a group with a trained Lifestyle Coach. During the program, participants learn ways to incorporate healthy eating and physical activity into their daily lives and set two primary goals.

Program Goals:

- * Lose 5-7% of their starting body weight over the course of the program
- * Do at least 150 minutes of physical activity each week

Participants meet weekly for approximately 16 weeks, then monthly for the remainder of the year. During the program, participants keep track of their food intake and physical activity and work with the Lifestyle Coach and the group to overcome barriers to a healthy lifestyle. To learn more about the National Diabetes Prevention Program, visit the CDC's website: www.cdc.gov/diabetes/prevention.

Participants in the program get help and support to make and sustain lifestyle changes.

Why does it work?

The National Diabetes Prevention Program is based on the success of the National Institutes of Health-led Diabetes Prevention Program (DPP) research study, which showed that people at risk for type 2 diabetes can significantly reduce their risk by losing 7% of their body weight through healthy eating and physical activity. The group interaction is crucial to the program's success. With a supportive group to cheer their successes and empathize with their setbacks, participants don't have to make lifestyle changes alone.

The Lifestyle Change Program

brings the proven success of the DPP research study to people in communities around the country.

How does the program assure quality services?

All programs are led by Lifestyle Coaches who have been specially trained by the Diabetes Training and Technical Assistance Center (DTTAC) at Emory University, an official partner of the National Diabetes Prevention Program (see www.dttac.org).

Group classes focus on:

- Healthy Eating
- Increased Physical Activity
- Weight Loss
- Life Style Change
- Stress Reduction and Coping Skills

Lifestyle changes can reduce the risk of developing type 2 diabetes by 58%.

