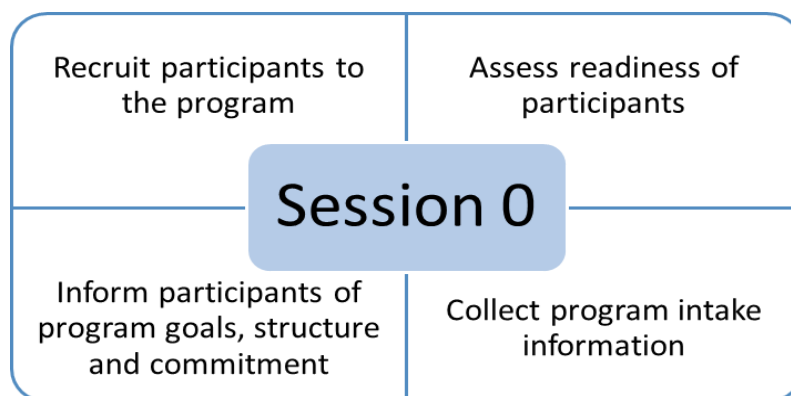


Holding a “Session Zero” or Information Session

Organizations delivering the National Diabetes Prevention Program (National DPP) can consider offering an informational session sometimes called “Session Zero” before the first session to accomplish a variety of tasks:



Considerations for Session Zero content/tasks:

- Background on diabetes epidemic and the DPP study: the program is evidence-based
- Goals of the National DPP: risk reduction through modest weight loss and moderate physical activity
- Structure of the year-long program: weekly sessions followed by monthly sessions
- Expectations of participants: attendance, food and activity tracking, group participation, weekly weigh-ins, record and share physical activity minutes with Lifestyle Coach
- Complete organizational enrollment paperwork
- Complete readiness assessment if applicable
- Conduct initial weight-in

Considerations for Session Zero activities:

- Have a panel of former or current participants speak about their experience with the program
- Show the CDC video “A Change for Life” as an introduction to the program



- Show a video created by your organization featuring other successful participants reflecting on the program