

Diabetes Prevention Program

Helping you make lifestyle changes

The Diabetes Prevention Program (DPP) is a lifestyle change program developed specifically to prevent type 2 diabetes. It is designed for people who have prediabetes or are at risk for type 2 diabetes, but who do not already have diabetes.

Prediabetes is identified when a person's blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems including heart disease and stroke.

DPP classes assist people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and can reduce their risk of developing type 2 diabetes by nearly 60%.

A trained lifestyle coach leads the DPP program to help you change certain aspects of your lifestyle, like eating healthier, reducing stress and getting more physical activity. The program also includes group support from others who share your goals and struggles.

This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. **It's a year-long program focused on long-term changes and lasting results.**

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Get Started

To learn more about what it's like to be in a lifestyle change program, visit The Lifestyle Change Program Details www.cdc.gov/diabetes/prevention/lifestyle-program/experience.index.html. To see if there is a program near you contact the Kansas Department of Health and Environment at 785-296-1627 or aunselt@kdheks.gov. The cost of the program varies by location.

DPP Lifestyle Change Classes Provide

