

# Diabetes Prevention Program (DPP)

## Helping you make lifestyle changes to prevent diabetes

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.

Learning new habits, gaining new skills and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel, and maybe even in how you look.

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 percent. 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.

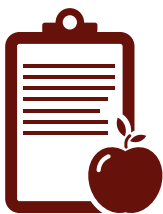
This lifestyle change program is not a fad diet or an exercise class. And it's not a quick fix. It's a year-long program focused on long-term changes and lasting results.

A year might sound like a long commitment, but learning new habits, gaining new skills and building confidence takes time. As you begin to eat better and become more active, you'll notice changes in how you feel, and maybe even in how you look.

## 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/](http://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/). To see if there is a program near you visit [www.toolsforbetterhealthks.org](http://www.toolsforbetterhealthks.org) and select "Find a Workshop" contact KDHE at 785-291-3742 or [KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov). The cost of the program varies by location.

### DPP Lifestyle Change Classes Provide



Trained  
Lifestyle  
Coach



CDC  
Approved  
Curriculum



Group  
Support  
During the  
Course of a  
Year

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785-291-3742

[KDHE.BetterHealth@ks.gov](mailto:KDHE.BetterHealth@ks.gov)

<http://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html>

Cost: Varies by location

CDC-recognized Diabetes Prevention Programs (DPP) are based on research led by the National Institutes of Health. Research has shown that people who participate in a structured lifestyle change program, such as DPP, are able to cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). These findings were the result of the program helping people lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week.