

The National Diabetes Prevention Program

The National Diabetes Prevention Program is a year-long, evidence-based lifestyle change program designed to help people at risk or with prediabetes reduce their likelihood of developing type 2 diabetes.

The program offers:

- ▶ Small group sessions
- ▶ Support from trained lifestyle coaches
- ▶ Guidance to improve nutrition
- ▶ Strategies to increase physical activity

By participating in the program, you will build sustainable habits that support long-term health.



Goals of the Program

- ▶ Moderate weight loss of 5-7%
- ▶ Increasing total activity minutes per week

Successful completers of the program reduce their risk of type 2 diabetes by at least 58%. Long term studies show risk reduction is still significant 10, 15, and 20 years after participation in the program.



Take the Quiz

Learn if you are at risk today.

hhs.iowa.gov/takethequiz



Connect to a Program

Iowa has many in-person options. Virtual or online options are also available.

iacommunityhub.org/referself/