National Diabetes Prevention Program

PROGRAM DESCRIPTION
Eighty-six million Americans now have prediabetes—that’s 1 out of 3 adults! Of those 86 million, 9 out of 10 of them don’t even know they have it. Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years\(^1\). With numbers like that, it’s important to learn about prediabetes and take action.

The National Diabetes Prevention Program (National DPP) is an evidence-based lifestyle change program with the goal to prevent or delay the development of type 2 diabetes and heart disease among at-risk Utahns.

PROGRAM BENEFITS
- Empowerment through education and application
- Movement toward a healthier self, one step at a time
- Sustainability through behavior change
- Increased physical activity
- Weight loss

WHAT IS PROVIDED TO PARTICIPANTS
This is a 12-month intensive lifestyle change program with 16 weekly and 6 monthly group sessions focusing on:
- Behavior change
- Healthy eating strategies
- Ways to become more physically active
- Getting 150 minutes of physical activity per week
- Achieving a 5-7% weight loss

The sessions are facilitated by trained lifestyle coaches that encourage, coach, and motivate participants to adopt sustainable lifestyle changes.

RESOURCES
To find a workshop or for more information visit https://livingwell.utah.gov/ndpp/index.php#contact_info

FOR MORE INFORMATION ON THIS PROGRAM
Utah Department of Health Resource Line:
1-888-222-2542

SOURCES
   www.cdc.gov/diabetes/prevention/prediabetes-type2/