

DIABETES PREVENTION PROGRAM

Womens Health First

Community Health
Promotion

Diabetes Prevention
(WHF, CHP-DP)

CONTACT

☎ 678-777-8961

✉ info@womenshealthfirst.org

🌐 Womenshealthfirst.org

WHAT IS DPP?

Diabetes Prevention Program (DPP) is an evidence-based year-long lifestyle change program to help participants at risk for type 2 diabetes adopt sustainable, healthy lifestyle choices and achieving weight loss.

GOALS

The National Program Goals:

Goals of the Lifestyle Change Program

Reduce body weight by 5% to 7%.
Increase physical activity to 150 minutes each week (20-30 m/d)
Increase coping skills.

What Our Program Offers

- Proven curriculum (CDC)
- Lifestyle coach.
- Support group and Resources to track nutrition and physical activity and manage stress.
- Distance Learning (Zoom)

What are the BENEFITS?

DPP can reduce participant chances of developing type 2 diabetes by 58% (71% for individuals aged 60 and older) compared to placebo.

WHO IS ELIGIBLE FOR DPP?

To participate in the program, you would need to meet these requirements: • 18 years or older • A body mass index (BMI) of 25 or higher (23 or higher if Asian American) • Not diagnosed with type 1 or type 2 diabetes. • Not pregnant - and - Patients must also meet one of these criteria: 1. A blood test that includes any of these results: • Hemoglobin A1C: 5.7–6.4% • Fasting plasma glucose: 100–125 mg/dL • Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL - or - 2. Be previously diagnosed with gestational diabetes.

HOW DO I REFER?

Referral to DPP (REF49)

For questions or concerns,
contact us at: 404-2471424

info@womenshealthfirst.org

