



# NATIONAL DIABETES PREVENTION PROGRAM

## **Q. What is the National Diabetes Prevention Program?**

**A.** The National Diabetes Prevention Program was developed for individuals who are at risk for developing type 2 diabetes or who have Prediabetes. The program is an interactive, group workshop that consists of 16 weekly, 1 hour workshop sessions followed by monthly sessions for 8 months. The workshop is led by a free lifestyle coach.

## **Q. Who can benefit from the National Diabetes Prevention Program?**

**A.** The workshop is ideal for adults who are at risk for developing type 2 diabetes or who have Prediabetes. The program provides participants' access to a free lifestyle coach for this yearlong program assisting them to make small changes and set realistic goals to obtain dietary and physical activity changes.

## **Q. What does the National Diabetes Prevention Program do for participants?**

**A.** Through covering the day-to-day challenges of living with type 2 diabetes or Prediabetes, this workshop empowers participants to focus on gradual lifestyle changes, resulting in fat and calorie reduction and increased physical activity. Participating in workshop activities result in positive behavior change and improved self-management of diabetes and the related symptoms.