

Lead Healthier Communities



Health and
Human Services

Become a diabetes prevention lifestyle coach or peer leader

Make a difference in your community by supporting programs for diabetes prevention and healthier living. Follow the steps below to get started.

Step 1: Learn More



Lifestyle Coach National Diabetes Prevention Program

Lifestyle coaches help participants build healthier habits, stay motivated and reduce their risk of developing Type 2 diabetes.

- Support adults in preventing or delaying diabetes through improved nutrition, physical activity and stress management
- 22 sessions over one year
- Groups of 8–20 participants
- Recognized by the [Centers for Disease Management and Prevention \(CDC\)](#)

Peer Leader Better Choices, Better Health Program

Peer leaders empower people living with chronic diseases through an evidence-based self-management program that improves knowledge, confidence and quality of life.

- Help adults and caregivers manage chronic conditions such as diabetes, heart disease and arthritis
- Review symptom management, communication and problem-solving skills
- 6-week workshop series led by two trained peer leaders
- Groups of 8–16 participants

Visit the [Iowa Department of Health and Human Services Diabetes and Prevention Management webpage](#) to learn more.

Step 2: Submit an Interest Form



Find and complete the Lifestyle Coach or Peer Leader Interest Form at hhs.iowa.gov/diabetes.

Step 3: Complete Training



- 12 hours of virtual instruction
- 6 continuing education units available for healthcare professionals

- 7 weeks of virtual instruction
- Offered through the [Self-Management Resource Center \(SMRC\)](#)

Step 4: Change Lives



Participating in a diabetes prevention program can reduce the risk of Type 2 diabetes by 58%.
Source: [CDC](#)

Studies show that participants in chronic disease self-management programs significantly improve and maintain healthy behaviors and reduce their risk of complications.
Source: [SMRC](#)