



Help Your Community Live Healthier

Become a lifestyle coach or peer leader

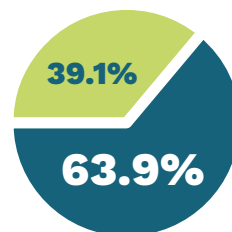
If you've been affected by diabetes or another chronic health condition—or supported someone who has—you already have something powerful to offer: lived experience.

As a lifestyle coach or peer leader, you can help others set meaningful goals, build healthier habits and make lasting changes.



1 in 3 adults has prediabetes—and 80% don't know they have it.

Source: CDC



63.9% of Iowa adults live with at least one chronic condition.

Source: 2023 Iowa Behavioral Risk Factor Surveillance System



Health and
Human Services

Be Part of an Evidence-Based Program

National Diabetes Prevention Program

Help people with prediabetes make healthy changes that can prevent or delay Type 2 diabetes.

As a lifestyle coach, you will:

- Lead small group sessions using a proven curriculum
- Support participants in setting and reaching goals
- Track progress and celebrate milestones
- Keep people motivated, accountable and moving forward

Why it works:

Research supports lifestyle changes as an effective way to reduce your risk of diabetes.

Better Choices, Better Health

Support people living with chronic health conditions as they gain confidence, solve everyday challenges and take control of their health.

As a peer leader, you will:

- Co-lead interactive weekly workshops
- Guide discussion, problem-solving and action planning
- Help participants strengthen skills in nutrition, exercise, stress management, communication and medication management

Why it works:

Participants build practical skills and healthier habits that improve daily life and reduce the risk of complications.



Support from Day One

You'll receive:

- Free in-depth training
- Ready-to-use facilitation tools and curriculum
- Ongoing support from program staff and peers

Step into a role that changes lives—including your own.

Learn more about becoming a lifestyle coach or peer leader.



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