

Prevent or Delay Type 2 Diabetes

National Diabetes Prevention Program



If you have prediabetes or are at risk for Type 2 diabetes, small changes today can make a difference tomorrow. The National Diabetes Prevention Program helps you build healthier habits that fit your life.

How the Program Works:

Recognized by the Centers for Disease Control and Prevention (CDC), this program provides tools and support to help you reduce your risk.

- 22 sessions over one year
- Receive guidance from a trained lifestyle coach
- Learn alongside others working toward similar goals
- Create action plans, track progress and celebrate success

What You'll Learn:

- Make healthier food choices
- Add more physical activity to your routine
- Manage stress and stay motivated
- Overcome challenges

Participating in a diabetes prevention program can **reduce the risk of Type 2 diabetes by 58%.**

Source: CDC



Health and
Human Services

Ready to Take the Next Step?



Learn more
about your risk
for prediabetes.



Find a
program
near you.