Do You Want to Reduce Your Risk of Type 2 Diabetes?

Many people are at high risk for diabetes - a chronic disease that can lead to serious health problems. Public Health - Dayton & Montgomery County is offering the National Diabetes Prevention Program which teaches the skills and tools you need to reduce your risk. You will learn strategies to improve nutrition and fitness, as well as techniques to handle stress and overcome barriers to a healthy lifestyle.

- Learn about the dangers of diabetes and how to reduce your risk.
- Learn the healthy way to lose weight and become more physically active.
- Learn how to lose up to 7% of your weight through healthy eating and physical activity.
- Do it for yourself and your loved ones

All programs are led by a Lifestyle Coach who has been specially trained by the Diabetes Training and Technical Assistance Center at Emory University, an official partner of the National Diabetes Prevention Program.

About the National Diabetes Prevention Program

The National Diabetes Prevention Program is a year-long lifestyle change program in which people at risk for type 2 diabetes meet in a group with a trained Lifestyle Coach. During the program, participants learn ways to incorporate healthy eating and physical activity into their daily lives and set two primary goals.

Primary Goals

- Lose 5-7% of your starting body weight over the course of the program.
- Do at least 150 minutes of physical activity each week.

Diabetes is a Major Cause of

- Kidney Failure
- Stroke
- Heart Disease
- Blindness Among Adults
- Foot and Leg Amputations

Why Does it Work?

The National Diabetes Prevention Program is based on research, which shows that people at risk for type 2 diabetes can significantly reduce their risk by losing 7% of their body weight through healthy eating and physical activity. The group interaction is crucial to the program’s success. With a supportive group to cheer your successes and help with your setbacks, you don’t have to make lifestyle changes alone.

Lifestyle Change Program

The program brings methods of proven success to people in communities around the country. You will get help and support to make and sustain lifestyle changes. To learn how you can take advantage of this great opportunity, contact Public Health’s Lifestyle Coach at (937) 225-5878.
Who Can Participate in the Program?
If you have any of the following, you are eligible to participate in the lifestyle change program:
- a body mass index (BMI) of 24 or higher
- prediabetes
- a doctor said you are at risk for developing type 2 diabetes

You Can Determine Your Risk by:
1) Taking a blood test to measure your blood sugar.

Group Classes Focus on
- Healthy Eating
- Increased Physical Activity
- Weight Loss
- Lifestyle Change
- Stress Reduction and Coping Skills

To Change Your Life, Contact
Public Health
Dayton & Montgomery County’s Lifestyle Coach
(937) 225-5878

Participants will meet weekly for 16 weeks, then monthly for the remainder of the program.

To learn more about the National Diabetes Prevention Program, visit the CDC’s website: www.cdc.gov/diabetes/prevention

If you currently have diabetes, call Diabetes Dayton at 937/220-6611 or visit www.diabetesdayton.org.

This lifestyle change program is offered in our community to give you the opportunity to make a change for life!