

Diabetes can be prevented.



Medical expenses are more than 2 times higher for people with diabetes than for those without diabetes.¹

North Carolina Diabetes Prevention PROGRAM

The North Carolina Diabetes Prevention Program can help.

The North Carolina Diabetes Prevention Program (DPP) is a:

- Recognized program by the Centers for Disease Control and Prevention (CDC).
- Lifestyle change program based on strategies proven to prevent or delay type 2 diabetes.
- 12-month program delivered in two six-month phases in a group setting.

To learn more about diabetes prevention and search available onsite programs, please visit:

diabetesfreenc.com

Participants will:

- Attend classes in-person at a location in your community.
- Be empowered to make healthy eating and physical activity choices.
- Connect with others working on the same goals.
- Learn strategies to achieve and maintain a healthy weight.
- Identify ways to manage stress.
- Receive personalized support outside of class from the instructor, a trained lifestyle coach.



Public Health
HEALTH AND HUMAN SERVICES

See the
program's
TIMELINE and
CLASS TITLES
on the back.



1. The Cost of Diabetes. AMERICAN DIABETES ASSOCIATION.
<http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html>

Diabetes Prevention Program TIMELINE*

Phase 1 CORE

Months
1–6

12 Sessions
Held Once
Every Week

Get Active to Prevent T2
Eat Well to Prevent T2
Get More Active
Shop and Cook to Prevent T2
Find Time for Fitness
Keep Your Heart Healthy

Introduction to the Program

Track Your Activity

Track Your Food

Burn More Calories Than You Take In

Manage Stress

Cope with Triggers

4 Sessions
Held Every
2 Weeks

Take Charge of Your Thoughts

Get Support

Eat Well Away from Home

Stay Motivated to Prevent T2

12-month
program

Delivered
in two
six-month
phases

Phase 2 POST CORE**

Months
7–12

6 Sessions
Held Once
Every
Month***

When Weight Loss Stalls

Take a Fitness Break

Have Healthy Food You Enjoy

Stay Active Away from Home

Get Enough Sleep

Prevent T2—
for Life!

FINISH

* The course selections represent the offerings of the National Diabetes Prevention Program (NDPP) Prevent T2 Curriculum.

** Post Core class schedule may be slightly different.

*** Lifestyle coaches may choose to add 2 additional sessions based on the needs of class participants.

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