

The Diabetes Prevention Program (DPP)

The Center for Community Health and Prevention (CCHP) is providing a **DPP training** for facilitators and clinicians, as well as direction and support from CCHP throughout the one-year program.

Two-day training for facilitators

- *CDC developed curriculum overview.*
- *Group facilitation and motivation.*
- *Nutrition and physical activity.*
- *Current reimbursement strategies.*

Support by a registered dietitian from CCHP

- *Weekly debriefing opportunities in-person or by phone.*
- *Scheduled visits to group sessions.*

DPP group materials

- *Facilitator handbooks.*
- *Recruitment posters (if desired).*
- *Tools for sustainability.*

100 million people in the United States have diabetes or pre-diabetes. By **preventing diabetes**, we are also **preventing diabetic complications** such as vision loss, kidney failure, high blood pressure, heart disease, stroke, and more.

Help your patients **feel better!** A healthy lifestyle - the combination of **physical activity and a balanced diet** - is key to preventing Type 2 Diabetes and other illnesses. A healthier lifestyle can also improve mood and boost energy.

The DPP has been shown to **prevent or delay Type 2 Diabetes** by supporting participants in increasing activity levels and losing 5% of their body weight.

You can help your patients prevent Type 2 Diabetes

The Diabetes Prevention Program (DPP) is an **evidence-based, year-long program**. The goal is to help people **prevent the development of Type 2 Diabetes** by learning about nutrition, physical activity, and how they impact our daily lives and overall health. The program is divided in two parts: the first part focuses on **lifestyle behaviors to improve health** and the second part on **problem solving to maintain a healthier lifestyle**.



April 19th & 20th @ 8:00am to 2:00pm
(Please arrive at 7:45 to sign in and get breakfast)
46 Prince Street, 3rd floor. Rochester, NY 14607
To register or for more information
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