

# 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 19<sup>th</sup> & 20<sup>th</sup> @ 8:00am to 2:00pm**  
(Please arrive at 7:45 to sign in and get breakfast)  
46 Prince Street, 3<sup>rd</sup> floor. Rochester, NY 14607  
**To register or for more information**  
Contact: Daniela Castro at (585) 224-2067  
MirthaDaniela\_CastroJimenez@urmc.rochester.edu