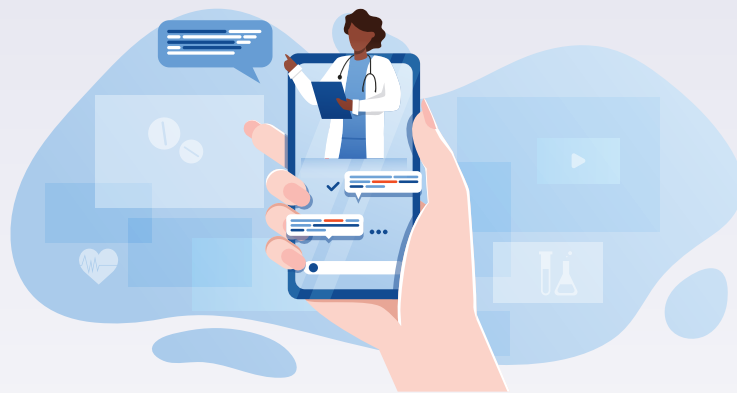


# Diabetes Prevention Opportunity



A service provided by The Queen's Medical Center - West O'ahu Diabetes Management and Education Center

The National Diabetes Prevention Program (DPP) is a 12-month program and will be offered monthly. Each week, a new session will be available online for the participant to view. If you are considering joining our Diabetes Prevention Program (DPP), please view the National Diabetes Prevention Program (NDPP) on-boarding program video (4 minutes):

<https://vimeo.com/469133883/d3e4dbab24>

To qualify, candidates must complete the online health screening assessment.

This is a private 1-minute online assessment to gauge your risk of pre-diabetes. If your online assessment comes up positive for potential pre-diabetes, you will be eligible for the program.

**Online private assessment link:** <https://doihaveprediabetes.org/>

A provider will contact each individual that qualifies and will discuss the program details and objectives and will inform you when the program begins.

*Type 2 Diabetes is a condition which, in some cases, can be impacted by changing some habits and developing positive behaviors around food, activity level, and mindfulness – learn about your risk factors and what actions can help by participating in this program.*

## National DPP Lesson Modules

Video Sessions & collateral for all 26 DPP Modules

- Introduction
- Stress
- Preparing for the Future
- My Plate
- Convenience Foods
- Satisfying Your Craving
- Mindful Eating
- Eating Out
- Self-Talk
- Physical Activity
- Sleep
- Preventing Relapse
- Diet Trends and Myths
- Adding Variety to Exercise
- Social Support
- Plant-Based Eating
- Carbohydrates, Protein, Fats
- Cooking 101
- Problem Solving
- Healthy Holiday Eating
- Grocery Shopping
- Recipe Modification
- Functional Foods
- Triggers and Cues
- Hydration
- Whole Foods

To sign up, please go to [www.queens.org/events](http://www.queens.org/events) or call 808-691-7117

For more information, please email: [westdiabetesclinic@queens.org](mailto:westdiabetesclinic@queens.org)

DIABETES MANAGEMENT  
AND EDUCATION CENTER



THE QUEEN'S  
MEDICAL CENTER  
WEST O'AHU

*The National Diabetes Prevention Program (DPP) is the CDC's program for those who are in risk of developing type 2 Diabetes. Our mission is to help those with pre-diabetes lower their risk of getting type 2 diabetes. Our program goals include at least a 5% bodyweight loss and 150 minutes of activity each week. To make these goals attainable, we provide education, support, and a simple but engaging program.*