The National Diabetes Prevention Program (DPP) is a 12-month program that is delivered virtually via your mobile phone or computer.

The National DPP is a private secure experience that includes:

- 26 video lessons over 12 months via mobile phone or computer
  - Weekly lessons for initial 4 months followed by monthly lessons
  - Unlimited Lifestyle Coach engagement for 12 months
  - Participants can view weekly video lessons at their convenience
- Online community to share experience with individuals in your group
- Lifestyle Coach to lead your program and give you personal, custom feedback on your progress throughout the 12-month program
- Meal photo-journaling and activity tracking.

Stay tuned for more Information on how you can join this program.
To see if you are at risk, try the online CDC Pre-diabetes Screening Test: [https://doihaveprediabetes.org/](https://doihaveprediabetes.org/)

Qualifications for DPP:
A1c level 5.7 to 6.4; no previous history of diabetes; and BMI of 25 or greater or 23 or greater (Asian)

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

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.