

Diabetes Prevention Program



Type 2 Diabetes can be prevented! If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The Diabetes Prevention Program is a lifestyle change intervention that can help you make lasting changes to reduce your risk of type 2 diabetes. It is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

With the Diabetes Prevention Program at St. Joseph Hospital you get:

- A CDC-approved curriculum
- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you
- 16 weekly sessions
- 6 monthly follow-up sessions to help you maintain healthy lifestyle changes

You may have prediabetes and be at risk for Type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant which disappeared after delivering the baby (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Call the Diabetes Education Center at St. Joseph Hospital (516)520-2214 for more information, including costs and to see if you qualify.