

**Do you
know what
these items
have in
common to
help you?**



They can help
you...

PREVENT

TYPE 2 DIABETES

Join the Diabetes Prevention Program now offered through the
Lenoir County Health Department



Who is Eligible?

- At least 18 years old
- Be overweight (BMI ≥ 25 ; ≥ 23 if Asian)
- Not be pregnant
- Have no previous diagnosis of type 1 or type 2 diabetes
- Have a blood test result in the prediabetes range within the past year or previously diagnosed with gestational diabetes
- Score 5 on pre-screening questionnaire (**see back**)



How Does the Class Work?

- Participants will work with a trained Lifestyle Coach
- Learn to eat healthy, add physical activity, manage stress, and problem solve!
- Have an interactive group support that will promote motivation to create lifestyle changes that last for years.



What do class participants receive?

- Trained Lifestyle Coach
- CDC-Approved Curriculum
- Group Support
- Year-long Program -- weekly for 6 months, then 1-2 times a month
- Items to help you use the lessons at home, like some of those pictured above.

To enroll or get more information

Please contact Kiahna Johnson at (252) 526-4200 ext.4314
or kjohnson@health.co.lenoir.nc.us

Our quarterly DPP classes will begin: January, April, July, and October