

NATIONAL DIABETES PREVENTION PROGRAM


Utah County
HEART of UTAH
Health Department

THE GROWING THREAT OF PREDIABETES

88
MILLION

88 million
American
adults have
prediabetes

MORE THAN
8 IN 10

adults with
prediabetes
don't know they
have it

REDUCING THE RISK OF DIABETES

Key parts of the National DPP is a lifestyle change program that provides:



**A TRAINED
LIFESTYLE
COACH**



**A CDC-APPROVED
CURRICULUM**



**GROUP SUPPORT
OVER THE COURSE
OF A YEAR**

Research shows a
structured lifestyle
intervention can
cut the risk of
type 2 diabetes in

HALF



Lifestyle change programs teach participants to
make lasting lifestyle changes like:



adding physical activity into daily routine



healthier eating habits



improving coping skills

HOW TO FIND A PROGRAM

Utah County Health Department



Community classes begin
every 3-months.
Contact us for more details.



801-851-7014



dakotaf@utahcounty.gov

OR VISIT: <https://livingwell.utah.gov/ndpp/index.php>