

COMMIT TO BETTER HEALTH

DIABETES PREVENTION PROGRAM

Program Overview

The Diabetes Prevention Program (DPP) is a one year lifestyle change program based on research led by the National Institutes of Health and is open to all UCR faculty and staff. This program provides education, encouragement and the tools necessary to help you reach your health goals. Participants will receive information on nutrition, ways to increase physical activity, stress-management techniques and diabetes prevention education. Small group discussions will encourage problem-solving strategies for overcoming common challenges to lifestyle change.

Virtual Schedule

One-hour sessions led by trained lifestyle coaches, held weekly for months 1-3, bi-weekly for months 4-6, and once monthly for months 7-12. The program sessions are free and will be conducted through Zoom beginning March 24, 2021

Wednesdays via Zoom from 12:00 - 1:00 p.m.

Who Qualifies

- DPP is designed for non-diabetic individuals
- 18 years and older who have pre-diabetes or are at risk for type 2 diabetes

Program Requirements

- Attend sessions regularly
- Weekly weigh-ins
- Track physical activity minutes

“was taken off medication...due to this course and what I have learned and incorporated into my lifestyle”

2018/2019 DPP Participants

To participate, please contact
Wellness Program Specialist,
Jacqueline Leslie,
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To be added to the interest list and updated on program logistics visit [program registration page](#)