

## National Diabetes Prevention Program

The National Diabetes Prevention Program (National DPP) is a partnership of public and private organizations working to prevent or delay Type 2 Diabetes. As an accredited program, Wahiawā Health makes it easier for people at risk for Type 2 Diabetes to participate in evidence-based lifestyle change programs.

Wahiawā Health offers a year-long Diabetes Prevention Program designed to raise awareness of prediabetes and encourage lifestyle changes proven to prevent or delay Type 2 Diabetes in adults with prediabetes. Throughout the year, our certified lifestyle and wellness coach assists participants by working through interactive modules to promote weight loss, activity, manage stress, and improve overall health.



## What Is Prediabetes?

Prediabetes means you have a higher-than-normal blood sugar level, but not high enough to be diagnosed as diabetes. There are typically no signs or symptoms associated with prediabetes. Several factors associated with higher risk for prediabetes include:

- Overweight
- Inactivity
- Age
- Diet
- Gestational diabetes
- Family history

## Benefits and Goals of the Diabetes Prevention Program

If you have prediabetes, enrolling in the Diabetes Prevention Program can help reverse the diagnosis and prevent you from getting Type 2 Diabetes.

**The first 6-months of the program focus on helping participants learn to:**

- Eat healthy without giving up all the foods they love
- Add physical activity into their busy schedules
- Deal with stress
- Cope with challenges that can derail their hard work—like how to choose healthy food when eating out
- Get back on track if they stray from their plan—because everyone slips now and then

**At the 6-month mark, goals of the Diabetes Prevention Program are:**

- Lose at least 5 to 7% of your starting weight
- Get at least 150 minutes of physical activity each week

During the second half of the program, participants build on the skills they've learned to maintain their positive changes. They review key concepts that are essential to learning to stick with new habits including goal setting, tracking food and physical activity, staying motivated, and overcoming barriers.

**At the 12-month mark or graduation, the goal is to:**

- Keep off the weight you've lost and continue working toward your goal weight
- Continue to maintain getting at least 150 minutes of physical activity each week

## The Risks of Prediabetes

If left untreated, prediabetes can lead to Type 2 Diabetes, which can cause:

- Heart attack
- Stroke
- Blindness
- Kidney failure
- Loss of toes, feet, or legs

**NATIONAL**  
**DIABETES**  
**PREVENTION**  
**PROGRAM**



### How to Enroll:

Call us at  
**(808) 622-1619**

to find out if you're eligible  
for enrollment and learn  
when and where the  
program will take place



### Conveniently located at:

**302 California Avenue,  
Wahiawā, HI 96786**

(across from Jack in the Box  
with plenty of free parking)

wahiawahealth.org  
info@wahiawahealth.org