National Diabetes Prevention Program

Working together to prevent type 2 diabetes

NATIONAL DIABETES PREVENTION PROGRAM

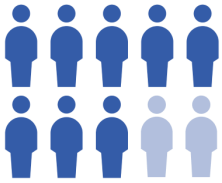
Has your provider told you that you are at risk for diabetes or diagnosed you with prediabetes? You may be at risk, but there is something you can do about it.

National Diabetes Prevention Program (National DPP), offered by Starr Regional Medical Center and McMinn County UT Extension, is a lifestyle change program that provides a trained lifestyle coach, a CDC-approved curriculum, and group support over one year to reduce the risk of type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions.

The Growing Threat of Prediabetes

98 Million

98 million American adults—**more than 1 in 3**—have prediabetes



More than 8 in 10
adults with prediabetes **don't know they have it**

WHAT'S YOUR WHY?

You have important reasons to get and stay healthy. A healthy life starts with you—sign up today and make a change to prevent type 2 diabetes.



To keep up with your grandkids.



To walk your dog farther.



To be there for your family.



To feel better.

YOU CAN PREVENT TYPE 2 DIABETES

- To register or to learn more about enrolling in the program, call 423.744.3249.
- The program is FREE for participants.
- Sessions begin Friday, February 5, 2027, 1 - 2 p.m.
- All sessions will take place at the McMinn Higher Education Center (Conference Room) located at 2345 Denso Drive, Athens.
- Need a class at your site? We'll come to you. Give us a call!

Starr Regional MEDICAL CENTER

UTEXTENSION INSTITUTE OF AGRICULTURE THE UNIVERSITY OF TENNESSEE

National Diabetes Prevention Program Schedule

Session	Session Title
Week 1	Welcome to the National Diabetes Prevention Program
Week 2	Be a Fat and Calorie Detective
Week 3	Reducing Fat and Calories
Week 4	Healthy Eating
Week 5	Move Those Muscles
Week 6	Being Active: A Way of Life
Week 7	Tip the Calorie Balance
Week 8	Take Charge of What's Around You
Week 9	Problem Solving
Week 10	Four Keys to Healthy Eating Out
Week 11	Talk Back to Negative Thoughts
Week 12	The Slippery Slope of Lifestyle Change
Week 13	Jump Start Your Activity Plan
Week 14	Make Social Cues Work for You
Week 15	You Can Manage Stress
Week 16	Ways to Stay Motivated
Monthly 1	Heart Health
Monthly 2	Healthy Eating- Taking it One Meal at a Time
Monthly 3	Balance Your Thoughts
Monthly 4	Handling Holidays and Special Events
Monthly 5	Preventing Relapse
Monthly 6	Staying on Top of Physical Activity
Monthly 7	More Volume Fewer Calories
Monthly 8	Prevent Type 2 for Life!

2027 Start Date: Friday, February 5, 2027 | 1 - 2 p.m.

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