

NDPP Lifestyle Change Program video transcript

Staying healthy can seem complicated especially if you have prediabetes.

Prediabetes puts you at risk for developing type 2 diabetes – a serious health condition. That’s why CDC developed a Lifestyle Change Program to help you reduce your risk of type 2 diabetes and improve your overall health.

This program will take the guesswork out of losing weight, eating better, and being more active. You’ll learn new ways to stay healthy and sustain those changes over time, such as how to exercise when you can’t go outside, and how to eat healthy even on your busiest days.

When you join, you’ll get a full year of support from a trained lifestyle coach to help you set and achieve realistic goals, keep you motivated, and manage stress. Through this program, you’ll learn, laugh, share stories, try new things, and build new habits, all while lowering your risk of type 2 diabetes and improving your health.

You can even join the program with your friends or family members at risk for type 2 diabetes and prevent the disease together. You will meet in person or online about once a week during the first six months of the program and then have monthly sessions for the rest of the year to help your new healthy habits stick and keep you from slipping back into old habits.

During the program, you’ll have the chance to talk privately with your lifestyle coach. As a group, you’ll discuss the challenges you face in losing weight, eating healthy, and increasing your physical activity. And your coach will help you overcome any obstacles that get in the way of your success.

This program has already been proven to work for thousands of people. Will you be next?

Visit www.cdc.gov/diabetes/prevention to learn more or talk to your health care provider about getting tested for prediabetes.