

Diabetes Prevention Program Lifestyle Change Program

Offered through Cow Creek Health and Wellness Center

2371 NE Stephens St, Roseburg, OR 97470

480 Wartahoo Lane, Canyonville, OR 97417

What is the Diabetes Prevention Program (DPP)?

DPP is a lifestyle change program. It will help you learn how to eat healthy without giving up all the foods you love, add physical activity to your life, manage stress, cope with challenges of choosing a healthy lifestyle, and get back on track if you stray from your plan.

How long is the program?

This is a 12-month commitment. The classes are held in a small group setting, with private weigh-ins and one on one sessions with a Certified Lifestyle Coach. During the first part of the program the team meets weekly, then every two weeks and towards the end of the course, the group meets monthly to help people stay on track.

Is this program just about losing weight and exercising?

No. While weight loss is a goal of this program, the program is not just about a specific diet or exercise program. The DPP lifestyle change program was designed to help people make more informed choices and make lasting changes in their lives. You will not be asked to do specific exercises or to join a gym, but you will learn to try new things, share your experiences with others and build new habits. You will also learn how to improve your overall health and, in doing so, reduce your risk of developing type 2 diabetes.

Will this program tell me how to cook and eat better?

A specially trained lifestyle coach will provide handouts and other resources while helping you learn new skills that include cooking healthier and being more physically active. But the program is so much more than that. Your lifestyle coach will help you set and meet goals (along with the other members participating in the program with you), and help everyone stay motivated. The lifestyle coach will also make sure the program is fun and engaging.

What if I miss a few classes?

Class attendance is expected. We understand that sometimes missing a class cannot be avoided. Let your coach know if you can't attend a session, and your coach will work with you on completing the session activity plan and goals you missed. We are committed to helping you be successful. Your progress will be shared with your doctor who will also be on your team to help you succeed.

What is the cost?

Umpqua Health Alliance (UHA) covers participation in the DPP lifestyle change program at no cost to you. We are committed to helping our patients prevent diseases such as type 2 diabetes. We know that changing behavior can be difficult, but our team is here to help you and your family.

Contact Elaine Rodriguez, Cow Creek Health and Wellness Lifestyle Coach 541-492-5266