

# Diabetes Prevention Program

Offered by Cow Creek Health and Wellness Center

2371 NE Stephens Street, 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 healthily without giving up 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. DPP classes are held in a small group setting, with private weigh-ins and one on one sessions with a Certified Lifestyle Coach. DPP classes are held weekly for the first 4 months, transitioning to every other week, then once a month for continued maintenance and support.

## **Is this program just about losing weight and exercising?**

No. While weight loss is a goal of this program, the program is not only about a specific diet or exercise program. The DPP lifestyle change program was designed to help people make informed choices and 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 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. Your lifestyle coach will help you set a variety of health related goals.

## **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 to complete the session lesson plan 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?**

Many health insurance companies cover participation in the DPP lifestyle change program at no cost to you. Work with your health care organization to verify your insurance or other coverage options. 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.

Contact Elisa Moore, Cow Creek Health and Wellness Center Diabetes Lifestyle Coach at 541-492-5266