



CCH&WC Diabetes Prevention Program

An evidence-based lifestyle change program to prevent or delay Type 2 diabetes

Frequently Asked Questions

What is the Diabetes Prevention Program (DPP)?

The Diabetes Prevention Program (DPP) is a lifestyle change program designed to prevent or delay type 2 diabetes. The DPP Prevent T2 curriculum, developed by the Centers for Disease Control and Prevention (CDC) teaches participants to make lasting lifestyle changes like eating healthier, adding physical activity into their daily routine, and improving coping skills. Each module focuses on specific topics relating to these lifestyle changes and is designed not to be prescriptive or restrictive. DPP classes are held in small group settings (no more than 10 participants) and include private weigh-ins and one-on-one sessions with a Certified Lifestyle Coach.

How long is the program?

DPP is a one-year commitment. 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 & exercising?

Although a primary goal of the program is to lose 5-7% of current body weight, it does not require a specific diet or exercise program but rather, helps people make informed choices and lasting lifestyle changes to improve overall health. Participants are required to track their physical activity throughout the duration of the program and are encouraged, though not required, to keep a food log. Additional topics and activities are included in the curriculum along with healthy eating and activity.

Will this program teach me how to cook better?

Live cooking demonstrations facilitated by a Registered Dietitian will show participants how to cook the foods they love in new and healthier ways. Optional "Grocery Store Tours" will be planned to help participants discover new and exciting healthy foods and recipes!

What if I miss a class?

Attending every class at the scheduled time is expected. However, sometimes missing a class cannot be avoided. Your Lifestyle Coach can coordinate make-up sessions with you, will share your progress with your primary care provider and is committed to helping you succeed!

What is the cost?

Many health insurance companies cover participation in the DPP at no cost to you, including UHA Medicaid, Open Card Medicaid, Medicare, Nesika (Cigna), and BCBS. Work with your health care organization to verify your insurance or other coverage options.

Where and when will classes be held?

Classes will be held at the Cow Creek Health and Wellness Center North Clinic, Dietetics Division; 2589 NW Edenbower Blvd., Roseburg and are scheduled to begin in October, 2022. A wait list will be maintained, and additional classes added as demand increases. Each group meets for a one-hour class at the same time on the same scheduled day of the week. Additional, optional activities may be offered outside of scheduled class times.

Contact Katie Ladd, Cow Creek Health and Wellness Center Diabetes Lifestyle Coach at 541-492-5267 for more info.

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