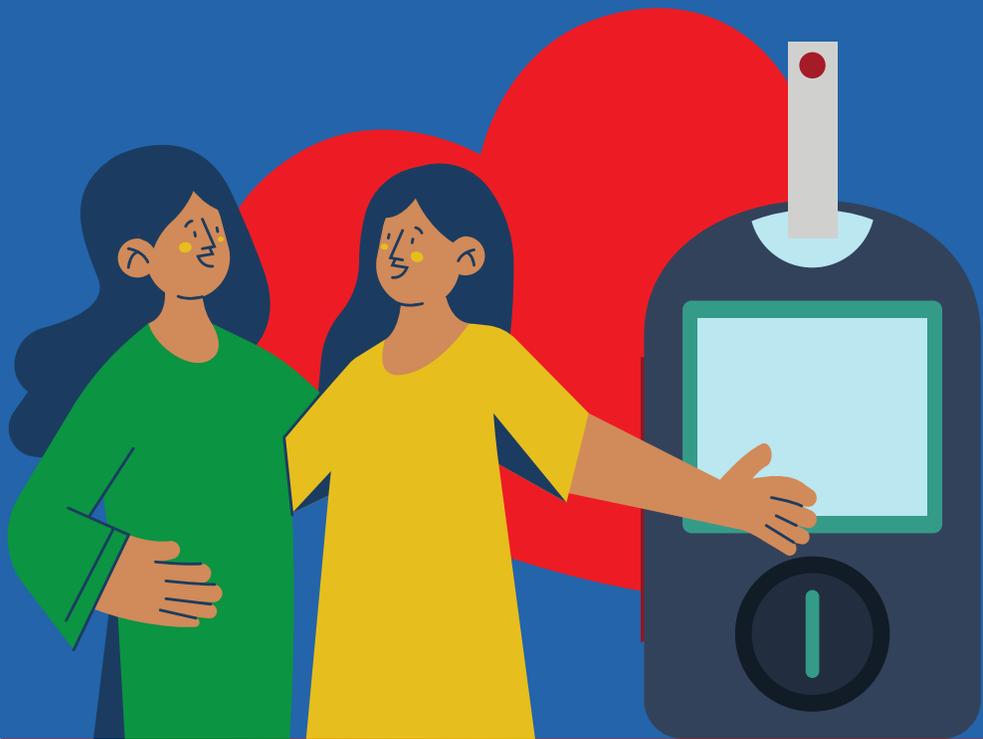


DIABETES PREVENTION PROGRAM



1 in every 3 adults is prediabetic.
People with prediabetes are at risk for
developing type 2 diabetes within 5 years.

Join WorkWell NYC for our **VIRTUAL** **Diabetes Prevention** **Program**

A one year virtual course designed to delay or reduce the risk
of developing type 2 diabetes by as much as 58%

Register today at on.nyc.gov/dpp



FAQs

1) What is the Diabetes Prevention Program (DPP)?

DPP is a yearlong program. Classes occur once a week for the first six months, then bi-weekly/monthly for the remaining six months. Throughout the course of the program, participants are equipped with essential tools needed to lead a healthier lifestyle. Over the year, the health coach will lead discussions around

- Healthy eating and losing weight.
- Increasing physical activity.
- Establishing and maintaining healthy routines.
- Managing stress.

2) Am I eligible to participate in DPP?

WorkWell's diabetes prevention program is open to NYC employees FREE of charge. Participants must: be at least 18 years old; have a Body Mass Index that exceeds 25; be diagnosed with prediabetes.

Not sure if you are prediabetic? Visit your health care provider to have an A1C test performed or take the CDC Prediabetes Screening Test [here](#). If you score a 9 or above, you may be at high risk for developing type 2 diabetes.

3) What are expectations of participants?

Participants are expected to attend all sessions on time, contribute to evaluation surveys, be a supportive peer and check in with periodically with their health coach.

4) Will I have fun and feel supported during the program?

Yes! DPP will be a fun and supportive environment where participants will gain the tools and knowledge to prevent diabetes. We create a non-judgmental and secure space for participants to have honest conversations.

5) Great! I want to join the program. How do I register?

You can assess your eligibility and express interest at on.nyc.gov/htn. The exact start date and time for the sessions will be released soon and sent by email.

If you have any further question about the program, email Brenda Dash at bdash@olr.nyc.gov.