



As a Program Champion, you will be a voice of [fill in name of your program]. This document will help you talk about the program and your experiences in making lifestyle changes. It will also help you avoid some pitfalls when talking with others about the program.

How To Tell Your Story

The most compelling thing you can tell others about the lifestyle change program is how it has changed your behavior and your life. When crafting your story to share with others, answer these questions:

- Why did you sign up for the program?
- Was there a single event that led you to find out more about the program and sign up?
- Who recommended it?
- What do you like most about the program?
- What changes have you made to your daily life, diet, and physical activity because of it?
- What was hard about making those changes?
- How did the program help you deal with those challenges?
- What are some positive effects of being in the program? For example, have you made new friends in the program, do you feel better, did you lose weight, did your doctor say your blood sugar levels went down?
- How is the program helping you stick with the changes you've made?

What To Say About The National DPP Lifestyle Change Program

The [National DPP lifestyle change program OR fill in the name of your program] has many features and benefits that others should know about before they sign up. When talking to friends, family members, coworkers, and others about the program, you may want to share the information in this section, along with your personal story.

What The Program Is and Who Offers It

[Fill in the name of your program] is part of the National Diabetes Prevention Program, also called the National DPP, which is led by the federal Centers for Disease Control and Prevention (or CDC).

It uses a strategy that is proven to prevent or delay type 2 diabetes among people who have prediabetes or who are at risk of type 2 diabetes.

It is offered by [fill in name of your organization].

Details About The Program

- The program meets on [day] at [time] at [location]. The next program will start on [date].
- The cost of the program will depend on your insurance. Many insurance companies cover it. Check with yours or talk with [add name of program staff member they should speak with about costs and payments].
- [If your organization offers online options, add that information here.]



What You Can Expect From The National DPP Lifestyle Change Program

- You'll work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes.
- You'll learn to eat healthy and add physical activity to your life.
- You'll also learn to manage stress, stay motivated, and solve problems that can get in the way of healthy changes.
- The lifestyle change program runs for 1 year. You'll meet once a week for the first 6 months, then once or twice a month for the second 6 months. The second half of the program will help you keep up the healthy lifestyle changes you've made—because we all know it can be hard to get new habits to stick.
- With the other participants, you'll celebrate successes and work to overcome challenges.
- Many participants report feeling better, being more active, and having more self-confidence as a result of the program.

What To Do Now

- Talk to your health care professional about your risk of prediabetes. He or she may do a blood test to find out if you have prediabetes and would benefit from the program.
- You can also take a risk test online at <https://www.DoIHavePrediabetes.org>
- If you want to learn more about the program, contact [name of staff person] at [phone number and e-mail address or both].
- To sign up for the program, [add instructions—such as fill out a form or call the program].

Share handouts about the National DPP lifestyle change program from your organization with people who might want to sign up or learn more. You can also refer people to the National DPP website at <https://www.cdc.gov/diabetes/prevention/people-at-risk.html>

How To Answer Common Questions About The National DPP Lifestyle Change Program

If people ask you about your weight loss and other results from the National DPP lifestyle change program, be honest. But don't promise that they will see the same results. Each person's experience will be different.

Here are some ways to answer the questions that others might ask:

- **Will I lose as much weight as you did?** That will depend on how much weight you have to lose and how much effort you put into changing your behaviors. The goal is to lose 5 to 7 percent of your body weight. If you go to the program sessions regularly and follow the

tips and guidelines you learn in the program, there's a very good chance you will lose weight.

- **How is this program different from a general weight loss program or joining a gym?** This program is recognized by the Centers for Disease Control and Prevention (or CDC), which is a well-respected federal health agency. The Program Champion Strategy is based on research, just like other general weight loss programs.
- **I'm working with a nutritionist. Isn't that good enough?** Working with a nutritionist or registered dietitian is a great idea. In addition to your diet, this program also addresses exercise, stress, and barriers to making changes. And it provides important group support.
- **Why a whole year? That's a long time.** It's only once a week for the first 6 months, then once or twice a month for the next 6 months. It ends up being about 24 hours a year. You can do that. Your health is worth it!
- **Do I have to go through the entire program? Can I quit after the first 6 months?** If you skip the second half of the program, you'll be cheating yourself. Making lifestyle changes is an ongoing process. Staying in the program for the full year will help you stick to new habits and avoid slipping back into old ones. And if you have not reached your goals in the first half of the program, your lifestyle coach and other group members can help you get there over the second 6 months.

Additional Information About Prediabetes And The National DPP Lifestyle Change Program

Some people may be interested in statistics about prediabetes and the lifestyle change program. You can also share the following information with them:

- One in three US adults has prediabetes, and most of them don't know it.
- Having prediabetes means your blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes.
- Having prediabetes raises your risk of type 2 diabetes, heart disease, and stroke.
- Prediabetes can often be reversed. The lifestyle change program can help.
- Many people with prediabetes can develop type 2 diabetes unless they lose weight and get regular physical activity, which this program can help them do.
- The [fill in the name of your program] will help you make better food choices, get more physical activity, and deal with stress so you can lose 5 to 7 percent of your body weight. These changes can cut your risk of developing type 2 diabetes in half.
- The results of this program last. Even 10 years later, people who participated in a lifestyle change program like this one had a 34 percent lower rate of type 2 diabetes than people who didn't do the program.