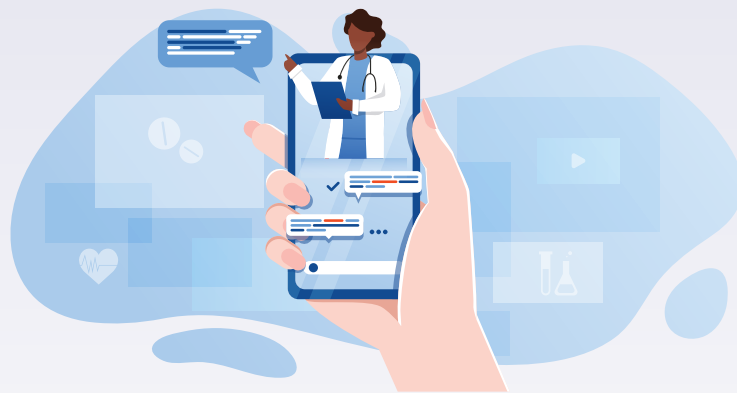


Diabetes Prevention Opportunity



A service provided by The Queen's Medical Center - West O'ahu Diabetes Management and Education Center

The National Diabetes Prevention Program (DPP) is a 12-month program and will be offered monthly. Each week, a new session will be available online for the participant to view. If you are considering joining our Diabetes Prevention Program (DPP), please view the National Diabetes Prevention Program (NDPP) on-boarding program video (4 minutes):

<https://vimeo.com/469133883/d3e4dbab24>

To qualify, candidates must complete the online health screening assessment.

This is a private 1-minute online assessment to gauge your risk of pre-diabetes. If your online assessment comes up positive for potential pre-diabetes, you will be eligible for the program.

Online private assessment link: <https://doihaveprediabetes.org/>

A provider will contact each individual that qualifies and will discuss the program details and objectives and will inform you when the program begins.

Type 2 Diabetes is a condition which, in some cases, can be impacted by changing some habits and developing positive behaviors around food, activity level, and mindfulness – learn about your risk factors and what actions can help by participating in this program.

National DPP Lesson Modules

Video Sessions & collateral for all 26 DPP Modules

- Introduction
- Stress
- Preparing for the Future
- My Plate
- Convenience Foods
- Satisfying Your Craving
- Mindful Eating
- Eating Out
- Self-Talk
- Physical Activity
- Sleep
- Preventing Relapse
- Diet Trends and Myths
- Adding Variety to Exercise
- Social Support
- Plant-Based Eating
- Carbohydrates, Protein, Fats
- Cooking 101
- Problem Solving
- Healthy Holiday Eating
- Grocery Shopping
- Recipe Modification
- Functional Foods
- Triggers and Cues
- Hydration
- Whole Foods

To sign up, please go to www.queens.org/events or call 808-691-7117

For more information, please email: westdiabetesclinic@queens.org

DIABETES MANAGEMENT
AND EDUCATION CENTER



THE QUEEN'S
MEDICAL CENTER
WEST O'AHU

The National Diabetes Prevention Program (DPP) is the CDC's program for those who are in risk of developing type 2 Diabetes. Our mission is to help those with pre-diabetes lower their risk of getting type 2 diabetes. Our program goals include at least a 5% bodyweight loss and 150 minutes of activity each week. To make these goals attainable, we provide education, support, and a simple but engaging program.