



NATIONAL DIABETES PREVENTION PROGRAM

The National Diabetes Prevention Program (NDPP) is a CDC approved year-long lifestyle change program that helps individuals at risk for Type 2 Diabetes prevent or delay the disease through lifestyle changes. Benefits include weight loss, improved health, reduced risk of diabetes, and support from trained Lifestyle Coaches.

Participants Must Meet ALL of These Criteria:

- 18 years or older
- Overweight or BMI of 25 or higher
- Not Diagnosed with Type 1 or Type 2 Diabetes
- Not currently pregnant

AND Meet ONE of These Criteria:

- Diagnosed with Prediabetes
- Previously Diagnosed with Gestational Diabetes
- High-Risk Result on Prediabetes Risk Test

If interested please contact the Population Health Team at (718) 869 - 7454 or (718) 869-5001 or scan the QR code below!

