



# DO YOU HAVE OR ARE YOU AT RISK FOR PREDIABETES?

DPP (Diabetes Prevention Program) is a CDC recognized program designed to help prevent or delay type-2 diabetes. Through a year long program you will learn healthy habits such as increasing physical activity, eating healthier, and reducing stress.

This year-long program includes:

- 16 Weekly Classes
- Healthy Eating
- Tools & Encouragement
- Incentives
- 6 Monthly Classes
- Physical Activity
- Group Setting

## New Cohort Begins: January 8th, 2025 10AM-11AM



Take the Prediabetes Risk Test Today!

<https://www.cdc.gov/prediabetes/risktest/index.html>

Referral Form:

[johnstonnc.com/files/health/DPP-Provider-Packet.pdf](http://johnstonnc.com/files/health/DPP-Provider-Packet.pdf)

Johnston County Public Health Dept  
517 N. Brightleaf Blvd, Smithfield

[mary.banks@johnstonnc.com](mailto:mary.banks@johnstonnc.com)

919.989.5200

# Class Schedule

## Weekly Classes 1-16

January	February	March	April
1/8/2025 Introduction	2/5/2025 Track your Food	3/5/2025 Manage Stress	4/2/2025 Take Charge of your Thoughts
1/15/2025 Get Active To Prevent T2	2/12/2025 Get More Active	3/12/2025 Find time for Fitness	4/9/2025 Get Support
1/22/2025 Track your Activity	2/19/2025 Burn More Calories than you take in	3/19/2025 Cope with Triggers	4/16/2025 Eat Well Away From Home
1/29/2025 Eat Well to Prevent T2	2/26/2025 Shop & Cook to Prevent T2	3/26/2025 Keep your Heart Healthy	4/23/2025 Stay Motivated to Prevent T2

## Monthly Classes 17-22

May	June	July	August
5/21/2025 When Weight Loss Stalls	6/18/2025 Stay Active to Prevent T2	7/16/2025 Stay Active Away from Home	8/20/2025 Have Healthy Food you Enjoy
September	October		
9/17/2025 More about Carbs	10/15/2025 Get Back on Track/ Prevent T2 for Life		

Classes are 1 hour each and will be held from 10AM-11AM at the  
Johnston County Public Health Department

\*Plan to attend all classes (make-up class required if missed)