



What is T2 Diabetes Prevention Program (DPP)?

A year-long virtual group-based lifestyle change program that will teach you strategies to lose weight, increase activity, improve your health, and reduce your risk of developing diabetes. Trained Lifestyle Coaches will help you learn new skills and set realistic goals for successful weight loss and diabetes prevention.

The goals of the program are to lose 5-7% of starting body weight and to achieve and maintain at least 150 minutes of moderate physical activity a week, which help with reducing the risk of developing diabetes and promote overall health.

To be eligible for the program Be at least 18 years old; you must be City of Savannah active employee; have a Body Mass Index (BMI) above the normal range; have elevated blood glucose in the prediabetes range from a blood test (Hemoglobin A1C: 5.7%–6.4% or Fasting plasma glucose: 100–125 mg/dL or History of gestational diabetes)



How often will the group meet?

Once a week for 4 months, bi-weekly for 2 months, then monthly for 6 months

Expectations of Participants:

1. Attend each session and expect to be weighed (when virtual you will submit weight the morning of the class); if you must miss a session, let the coach know.
2. Record and share activity minutes with the coach.
3. Keep a food record and share it with the coach.
4. Do your best each week to achieve your activity and eating goals.

What You Can Expect from Us:

1. Maintain confidentiality regarding your personal information
2. Provide information and resources to help you learn new skills and adopt healthy lifestyle behaviors
3. Review your food records and provide feedback to you every week
4. A source of support and accountability for making lifestyle changes

We suggest you ask yourself:

Do I have the time?

Am I ready to commit to this?

Will my family, friends, boss be supportive?

Do I have any upcoming events such as surgery, long vacations, etc. that will impact my participation?

Interested, What Next?

Complete the Enrollment Form; Obtain a copy of your blood glucose lab results; and then fax or email to Employee Health Coordinator, Sarah Hanson, at shanson01@savannahga.gov or (912) 525-1528.
Questions? Call Sarah at 651-6545

