

# GET STARTED

Call or email us today

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## DIABETES PREVENTION PROGRAM

Proven to Reduce Diabetes Risk



### JOHNS HOPKINS DIABETES PREVENTION PROGRAM POSITIVE OUTCOMES

Diabetes Prevention Program (DPP) is an evidence-based year-long lifestyle change program to help participants at risk for type 2 diabetes adopt sustainable, healthy lifestyle choices and achieving weight loss.

The goals of the DPP are:

- achieving physical activity of at least 150 min/week,
- losing at least 5% of your body weight, and
- lowering your HbA1c by at least 0.2%.

**91%** Attendance: Participants attend an average of 91% of 33 sessions over 12 months.

**70%** Reach/Retention: About 70% of people who start our DPP complete the year-long program.

**5.4%** Weight Loss: At 12 months, participants lose an average of 5.4% of their baseline body weight.



[hopkinsmedicine.org/dpep](https://hopkinsmedicine.org/dpep)



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