



# Health Promotion and Wellness



## DIABETES PREVENTION LIFESTYLE CHANGE PROGRAM

### *CDC-Approved Curriculum*

16-Week Support Program

**LOSE WEIGHT—MOVE MORE—REDUCE STRESS**

Build Lifetime Healthy Habits

**Who?** Active-Duty Sailors and Marines, as well as family members, DOD employees, and retirees that meet any of the following risk factors:

- **Diagnosed with Prediabetes**
- **Overweight/Obese**
- **Have High Blood Pressure and/or High Cholesterol**
- **Family history of Type 2 Diabetes**
- **Over the age of 45**
- **Previously diagnosed with Gestational Diabetes**

**What?** A lifestyle coach, specially trained to teach the CDC approved curriculum, will meet you where you are to support and help you learn healthy new skills. You will be empowered to set and meet weekly healthy goals.

- **Identify your eating and current activity habits**
- **Develop healthier eating habits while learning about healthy foods and portion control**
- **Examine, Challenge, and Change unproductive thoughts**
- **Build healthy action plans to meet your healthy weekly goals**
- **Track and Assess your progress weekly**
- **Lose weight and keep it off. Be more physically active, Make healthy living a habit**

### FAST FACTS

9 out of 10 adults with prediabetes don't know they have it.

CDC-recognized diabetes prevention lifestyle change programs can help people prevent and reverse prediabetes or delay type 2 diabetes and improve their overall health up to 58% (71% for people over 60)



**Sign up for the Diabetes Prevention Lifestyle Change Program**  
**Call 910.451.7589**

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