



# UC **Because It Works** DIABETES PREVENTION PROGRAM

Reach your goals by making **gradual, healthy, reasonable changes** in eating and activity - the kinds of changes you can stick with for a lifetime to reduce the chance of **developing Type 2 Diabetes**.

## Next cohort begins January 2020

Meeting day & time to be determined

Meetings are weekly for the first 3 months, every other week for months 4 - 6 and monthly for the remaining 6 months. Basic qualifications are based on BMI, family history and lifestyle habits.

This group-based program includes 22 sessions during a 1-year period. Goals are to **achieve and maintain a 7% weight loss** with healthy eating and an active lifestyle. This program can reduce your chance of **developing Type 2 Diabetes** by 58% for those under 60 and 71% for those 60 and older.

**SIGN UP**

<https://www.surveymonkey.com/r/DPPJan2020>

**UCDAVIS**  
Staff and Faculty  
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Questions?  
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