

# Find a Lifestyle Change Program!

## Lifestyle Change Program and Find a Program Tool Introduction

Hundreds of organizations nationwide offer the National Diabetes Prevention Program (National DPP) lifestyle change program. In this proven program, you'll learn to make lasting lifestyle changes—like eating healthier, adding physical activity to your day, and dealing with stress—all while lowering your risk of type 2 diabetes and improving your health.

The **Find a Program tool** provides you with an up-to-date list of CDC-recognized organizations and classes offered near you or online. Follow the steps below to get started—it's easy!

## Finding Your Program

### Step 1: Choose a Program Option

Do you prefer an in-person program, a virtual program, or a combination? Choose the option below that best suits your needs. All these options follow the same curriculum and standards and are delivered by a trained Lifestyle Coach:

- **In Person:** Delivered 100% in person. You're physically present in a classroom or classroom-like setting.
- **Online:** Delivered 100% online. You log into course sessions using your computer, tablet, or smartphone
- **Distance Learning:** Delivered 100% via remote classroom or telehealth. The Lifestyle Coach provides session content in one location, and you call in or videoconference from another location.
- **Combination:** Delivered as a combination of any of the previous options.

### Step 2: Filter Programs by Location

- **Zip Code:** Enter a valid zip code to search for nearby programs.
- **Within:** Choose the distance you're willing to travel to attend a class (5, 10, 25, 50, 100, or 200 miles).
- **Search:** Click "Search" to filter results based on your choices.

**Find a Program**

Find a program near you by entering your zip code, this will show you a list of available programs offered in your area. Please contact the organization for the most up-to-date class locations and information.

☒ In-Person ☐ Online ☐ Distance Learning ☐ Combination

Zip Code:  Within:

**Organization Name**  
**Organization Address**  
888-888-8888  
[Visit Website](#)

# Find a Lifestyle Change Program!

## Finding Your Program (continued)

### Step 3: Choose a Program

- Programs closest to the zip code you entered are listed first.
- Click “View Details” to see the program’s contact information and other details.
- Results are also shown as icons on the map. Click on an icon to see that program’s contact information.
- To refresh program options at any time, click “Reset.”

The screenshot shows a web form titled "Find a Program". Below the title is a brief instruction: "Find a program near you by entering your zip code, this will show you a list of available programs offered in your area. Please contact the organization for the most up-to-date class locations and information." There are four tabs: "In-Person" (selected), "Online", "Distance Learning", and "Combination". Below the tabs is a "Zip Code" input field with the placeholder text "Enter zip code", a "Within" dropdown menu set to "200 Miles", a "Reset" button, and a "Search" button. Below the input fields is a list of results for an organization. The list includes "Organization Name", "Organization Address", the phone number "888-888-8888", and a link "Visit Website". A "View Details" button is at the bottom of the list. To the right of the list is a map showing a location pin. Red boxes highlight the "Zip Code" input field, the "Search" button, the "View Details" button, and the "Visit Website" link.

### Step 4: Join a Program

Once you choose a program, contact them to enroll. They'll tell you everything you need to know to get started.

## Learn More About the National DPP

To learn more about the National DPP's lifestyle change program, visit [CDC's National DPP Lifestyle Change Program site](#). To know if a lifestyle change program is right for you, visit [CDC's People at Risk for Type 2 Diabetes site](#).