



Bullitt County Health Department
181 Lees Valley Road
Shepherdsville, KY 40165



DIABETES PREVENTION PROGRAM (DPP)

A Centers for Disease Control and Prevention (CDC) Proven Program to Prevent Diabetes

A key part of the National DPP is a lifestyle change program that provides:



A TRAINED
LIFESTYLE COACH



CDC-APPROVED
CURRICULUM



GROUP SUPPORT
OVER THE COURSE
OF A YEAR

- Are you 18 years of age or older?
- Have you **never** been diagnosed with diabetes?

Please plan to come to our pre-registration on the following dates:

Tuesday September 13th or Tuesday October 11th from 4:30-6:00Pm

to discuss factors that may determine your eligibility to participate in

DPP classes to begin:

***Tuesday October 25th at the Bullitt County Health Department
From 5:00 – 6:00pm***

You will receive a FREE GIFT when you attend our pre-registration!

Kentucky Employee Health Plan (KEHP) covers most of these services as well as some other insurance providers. Those participants without insurance coverage will pay a minimal fee.

Please contact us at 502-955-7837 to register!

“Tip of the Iceberg” is a common analogy for current levels of diabetes, and it is easy to see why. Almost 26 million Americans have diabetes. However, CDC estimates that 79 million more have *prediabetes* (CDC, 2011). This means that about 35% of U.S. adults have *prediabetes*. Moreover, if the national rates of obesity remain high, this figure is likely to grow.