

# FREE Diabetes Prevention Program (DPP)

**If you have prediabetes, you can take control  
and reduce your risk of developing diabetes.**

**58% of new cases of Type 2 diabetes  
can be prevented through a DPP.**

**Program provides:**

- Trained lifestyle coach
- CDC approved curriculum
- Group support during the course of the year



**Did you know?**

- 1 out of every 3 U.S. adults has prediabetes
- 9 out of 10 people do not even know they have it
- For every 2.2 pounds of weight loss, you reduce your risk of diabetes by 13%
- Preventing diabetes reduces your chances of having other chronic diseases such as heart disease, stroke and certain cancers

The Suffolk County Department of Health Services will be conducting this DPP series starting Thursday, October 12, 2023 from 6:00 pm – 7:30 pm at St. Catherine of Siena Nursing & Rehabilitation Care Center in the Father Fred meeting room. 52 NY-25A, Smithtown, NY 11787. Pre-registration is required.

**DDP meets Thursdays, 6:00 pm – 7:30 pm:**

**Weekly, 2023-2024:**

October 12, 19, 26  
November 2, 9, 16, 30  
December 7, 14, 21  
January 4, 11, 18, 25  
February 1, 8

**Monthly, 2024:**

April 11  
May 9  
June 13  
July 11  
August 8  
September 12

**Bi-monthly, 2024:**

February 22  
March 7, 14

Steven Bellone  
Suffolk County Executive  
Gregory Pigott, MD, MPH  
Commissioner of the  
Department  
of Health Services



**To register or for more information, call Debora at (631) 853-2928**