



Become a Certified Diabetes Prevention Program (DPP) Lifestyle Coach!

Do you have a passion for health and wellness? Are you interested in helping prediabetic individuals reduce their risk for developing type 2 diabetes? Then sign-up to become a certified Diabetes Prevention Program (DPP) Lifestyle Coach!

What is the UC Diabetes Prevention Program? The UC Diabetes Prevention Program is a **free**, campus-based, small-group program (available to UC faculty, staff and their families) that helps participants make important lifestyle changes. Trained lifestyle coaches share tips for healthy habits that stick. Each one-hour session over the course of a year focuses on healthy eating, physical activity guidance, and strategies to reduce stress and stay motivated. Learn more about DPP on the [CDC DPP website](#), [UC DPP website](#), and [UCLA DPP website](#).

What will be required at the virtual lifestyle coach training? Participants will be asked to review handouts and DPP curriculum prior to the training. During the training, participants will be required to keep their camera on and to be engaged the entire time (exception during short breaks). Participants will also be asked to present small sections of the curriculum by speaking on camera and sharing their screen.

What are the requirements to receive a completion certificate? Certification will be granted upon completion of the training **and** demonstration of mastery of the materials/skills presented.

Why should I take advantage of this opportunity? This is a **FREE** training to become a certified lifestyle coach for a CDC evidence-based lifestyle change program! You can add this certification to your resume and if desired, pursue opportunities to work as a DPP lifestyle coach within UC DPP, other local organizations, or your community.

March 2022 Virtual DPP Lifestyle Coach Training hosted by UC DPP Coordinating Center

Time/Dates: Mon 3/20, Tues 3/21, Mon 3/27 & Tues 3/28 (8:30a-12:00p each day)

Location: Virtual via Zoom

Cost: Free

The **FREE** 14 hour training will certify individuals as DPP Lifestyle Coaches who can then facilitate DPP cohorts and support and encourage participants in the one-year lifestyle change program. ***You must be able to attend the entire training in order to receive the certification.***

Questions? For more information about the program or to sign up to become a lifestyle coach, call or email: 310.794.6181, dpp@recreation.ucla.edu or kshedd@hs.uci.edu.