The Diabetes Prevention Program at the Arizona Center for Diabetes and Obesity (ACDO) is a comprehensive intervention designed to reduce the risk of developing type 2 diabetes. This evidence-based program is led by diabetes experts and incorporates lifestyle changes to improve heart health, diabetes management, and overall health.

The program's objectives focus on fostering long-term behavior changes and health benefits. By adopting healthier eating habits and increasing physical activity, participants can significantly reduce their risk of developing diabetes.

### Benefits of the Program
- **Improved Blood Sugar Levels**: The program helps participants maintain stable blood sugar levels, reducing the risk of diabetes.
- **Weight Management**: A key component of the program involves achieving and maintaining a healthy weight, which can significantly lower diabetes risk.
- **Increased Physical Activity**: Encouraging regular exercise promotes heart health and aids in weight management.
- **Healthy Eating**: The program emphasizes a balanced diet to support overall health and diabetes prevention.

### Program Elements
- **Weekly Group Meetings**: The program includes weekly group sessions to provide guidance, support, and motivation.
- **Personalized Action Plan**: Participants develop a customized action plan that fits their lifestyle and needs.
- **Supportive Community**: The program fosters a community where participants can share experiences and support one another.

### Success Stories

- **Increased Physical Activity**: By integrating physical activity into their daily routines, participants have noticed improvements in their health and energy levels.
- **Improved Eating Habits**: Many have reported healthier eating patterns, leading to weight loss and better blood sugar control.

The Diabetes Prevention Program is accessible and convenient, offering a flexible approach to diabetes prevention. Whether you're at home or in a classroom setting, this program provides the tools and support needed to take control of your health and prevent the development of diabetes.