

# Introducing *INspire Health*, an engaging online platform for National Diabetes Prevention Programs

## What is INspire Health?

Inspire Health is an online platform used to deliver the CDC's National Diabetes Prevention Program (National DPP)! INspire Health enables all providers with an online platform, apps and content for the virtual delivery of the National DPP

## What is the National Diabetes Prevention Program?

The National DPP is a year-long program dedicated to working with individuals at risk for type 2 diabetes and/or heart disease, form healthy lifestyle habits related to nutrition, physical activity and more.

INspire Health can help you prevent or delay type 2 diabetes, reduce the risk of heart disease, lose weight and increase your energy

## Testimonial

“This program has helped me understand life changing decisions that I needed to make to improve my quality of life going forward. Our lifestyle coach gives us the knowledge and tools for us to make the decision ourselves, not to just be another program where you are told what to do and not to do. The aspect of a small group has definitely added to this knowledge simply by interacting with others striving to change their lifestyle for the same goal as I have. We have been able to help each other along the way, with encouragement as well as sharing experiences. Would I recommend this class to others who want to prevent diabetes, absolutely!” - Jan

**For more information visit: [www.inspirehealthdpp.com](http://www.inspirehealthdpp.com)**



### LIFESTYLE COACH

Valuable service offered by YOU, a Certified CDC Lifestyle Coach



### ENGAGING CURRICULUM

National DPP Video & Lesson Plan Curriculum included



### ACCESS ANYTIME/ANYWHERE

Users may participate in the program via their mobile device or computer.



### EASY TRACKING

Users have the option of tracking their progress online with a food journal and activity log.



### MESSAGING

Using the app or website, users can easily message their coach.



### COMMUNITY

Support and Encouragement offered to Users through established Community Groups.

If you are interested in adopting the platform, contact us at [diabetesheart@isdh.in.gov](mailto:diabetesheart@isdh.in.gov)

