






DIABETES PREVENTION PROGRAM

TIV THAIV MOB NTSHAV QAB ZIB



Week 1, Session 1:

Monday, November 9, 2020 to Sunday, November 15, 2020

SESSION FOCUS	Introduction to Noj Zoo, Nyob Zoo HAP's Diabetes Prevention Program
KEY POINTS	<ol style="list-style-type: none"> 1. Introduce Community to: (a) HAP's Program and (b) to year-long curriculum 2. Learn the basics of Type 2 Diabetes 3. Learn about prevention and how to participate in our online cohort
ACTION PLAN	<ul style="list-style-type: none"> <input type="checkbox"/> Watch introduction video to HAP Program. Videos are available in Hmong and English. <ul style="list-style-type: none">  English  Hmong <input type="checkbox"/> Watch ECHO video on Diabetes Prevention and Control in Hmong <ul style="list-style-type: none">  Click Here <input type="checkbox"/> Adult participants handouts (review, print and complete): <ul style="list-style-type: none"> (1) Weight Loss by the Numbers Click Here (2) Six-Month Goals for Adult Participant Click Here <input type="checkbox"/> Families handout (review, print and complete): <ul style="list-style-type: none"> Six-Month Goals for Families Click Here

If you and your family want to reach your six-month goal, we are here to help you get there. Please contact Lindsey Lee at lindseyl@hmong.org or (612) 244-5721



A CDC-recognized lifestyle change program participant who lose 5-7% of their body weight and add 30 mins a of physical activity per day cut their risk of developing type diabetes 2 by up to 58%.