San Diego Diabetes Prevention Program (DPP)
Lifestyle Change Program Providers

For more information, please visit: www.PreventDiabetesSD.org

The National Diabetes Prevention Program (DPP) is an evidence-based lifestyle change program designed to prevent type 2 diabetes and is led by the Centers for Disease Control and Prevention (CDC). In San Diego, the DPP program is offered by many different organizations. Find a program near you by contacting one of the local DPP providers listed below. For an updated partial list, please visit https://nccd.cdc.gov/ddt_dprp/registry.aspx and search for San Diego, California. Please note that for some classes, costs may apply.

San Diego DPP Program Provider Organizations Listed on the CDC Website, as of March 2018:

<table>
<thead>
<tr>
<th>Organization</th>
<th>Service Area</th>
<th>Contact</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chula Vista Community Collaborative</td>
<td>Chula Vista San Ysidro</td>
<td>(619) 427-2119</td>
<td>Classes offered in Spanish</td>
</tr>
<tr>
<td>County of San Diego, HHSA, Aging &amp; Independence Services (AIS)</td>
<td>Locations across the City of San Diego</td>
<td>(858) 495-5588 <a href="http://www.PreventDiabetesSD.org">www.PreventDiabetesSD.org</a> <a href="http://www.PrevencionDeLaDiabetesSD.org">www.PrevencionDeLaDiabetesSD.org</a></td>
<td>Classes offered in Spanish</td>
</tr>
<tr>
<td>Jenny Craig</td>
<td>Locations across San Diego</td>
<td>(888) 964-8331 <a href="http://www.jennycraig.com/site/diabetes-prevention">www.jennycraig.com/site/diabetes-prevention</a></td>
<td>Classes offered online</td>
</tr>
<tr>
<td>Lindora, LLC</td>
<td>Locations across San Diego</td>
<td>(800) 546-3672 (951) 506-3788 <a href="http://www.leanforlife.com">www.leanforlife.com</a></td>
<td></td>
</tr>
<tr>
<td>Operation Samahan</td>
<td>National City San Diego</td>
<td>(844) 200-2426 <a href="http://operationsamahanndpp.weebly.com/">http://operationsamahanndpp.weebly.com/</a></td>
<td></td>
</tr>
<tr>
<td>PreT2 Program</td>
<td>Carlsbad</td>
<td>(858) 314-9517 <a href="http://www.pret2.com">www.pret2.com</a></td>
<td></td>
</tr>
</tbody>
</table>

This Information was retrieved March 2018
### San Diego Blood Bank
- Location: San Diego
- Phone: (619) 296-6393
- Notes: Employees Only

### San Diego Family Care, Linda Vista Health Care Center
- Location: San Diego
- Phone: (858) 279-0925 Ext. 3111
- Website: www.sdfamilycare.org
- Notes: Classes offered in Spanish

### San Ysidro Health Center
- Location: San Ysidro
- Phone: (619) 662-4100 Ext. 2935
- Website: www.syhc.org
- Notes: Classes offered in Spanish

### Scripps Business Services, 4S Ranch
- Location: Locations across San Diego
- Phone: (858) 678-7050
- Fax: (800) 727-4777
- Website: www.scripps.org/diabetes
- Notes: Classes offered in Spanish

### SelfHelpWorks Inc
- Location: Locations across San Diego
- Phone: (619) 296-6001 Ext. 204
- Website: www.selfhelpworks.com
- Notes: Classes offered online

### Sharp Rees-Stealy Center for Health Management
- Location: Locations across San Diego
- Phone: (858) 499-2700
- Fax: (619) 590-3300
- Website: sharp.com/wellness
- Notes: Only Sharp Rees-Stealy members can participate

### Skinny Gene Project
- Location: Locations across San Diego
- Phone: (619) 793-2010
- Fax: (888) 500-2344
- Website: www.skinnygeneproject.org
- Notes: Classes offered in Spanish

### Tri-City Wellness Center
- Location: Carlsbad
- Phone: (760) 884-4800
- Website: http://www.tricitywellness.com/healthylifestyle/

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