

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

**For more information, please visit: [www.PreventDiabetesSD.org](http://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](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:**

Organization	Service Area	Contact	Notes
<b>American Diabetes Association</b>	Locations across San Diego	(619) 234-9897 Ext. 7519 <a href="http://www.diabetes.org">www.diabetes.org</a>	
<b>Chula Vista Community Collaborative</b>	Chula Vista San Ysidro	(619) 427-2119	Classes offered in Spanish
<b>County of San Diego, HHS, Aging &amp; Independence Services (AIS)</b>	Locations across the City of San Diego	(858) 495-5588 <a href="http://www.PreventDiabetesSD.org">www.PreventDiabetesSD.org</a> <a href="http://www.PreencionDeLaDiabetesSD.org">www.PreencionDeLaDiabetesSD.org</a>	Classes offered in Spanish
<b>Jenny Craig</b>	Locations across San Diego	(888) 964-8331 <a href="http://www.jennycraig.com/site/diabetes-prevention">www.jennycraig.com/site/diabetes-prevention</a>	Classes offered online
<b>Lindora, LLC</b>	Locations across San Diego	(800) 546-3672 (951) 506-3788 <a href="http://www.leanforlife.com">www.leanforlife.com</a>	
<b>Operation Samahan</b>	National City San Diego	(844) 200-2426 <a href="http://operationsamahanndpp.weebly.com/">http://operationsamahanndpp.weebly.com/</a>	
<b>PreT2 Program</b>	Carlsbad	(858) 314-9517 <a href="http://www.pret2.com">www.pret2.com</a>	

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<b>San Diego Blood Bank</b>	San Diego	(619) 296-6393	Employees Only
<b>San Diego Family Care, Linda Vista Health Care Center</b>	San Diego	(858) 279-0925 Ext. 3111 <a href="http://www.sdfamilycare.org">www.sdfamilycare.org</a>	Classes offered in Spanish
<b>San Ysidro Health Center</b>	San Ysidro	(619) 662-4100 Ext. 2935 <a href="http://www.syhc.org">www.syhc.org</a>	Classes offered in Spanish
<b>Scripps Business Services, 4S Ranch                  Scripps Clinic Rancho Bernardo                  Scripps Diabetes Center, Chula Vista                  Scripps Diabetes Care and Prevention, San Diego                  Scripps Whittier Diabetes Institute, Campus Point</b>	Locations across San Diego	(858) 678-7050 (800) 727-4777 <a href="http://www.scripps.org/diabetes">www.scripps.org/diabetes</a>	Classes offered in Spanish
<b>SelfHelpWorks Inc</b>	Locations across San Diego	(619) 296-6001 Ext. 204 <a href="http://www.selfhelpworks.com">www.selfhelpworks.com</a>	Classes offered online
<b>Sharp Rees-Stealy Center for Health Management</b>	Locations across San Diego	(858) 499-2700 (619) 590-3300 <a href="http://sharp.com/wellness">sharp.com/wellness</a>	Only Sharp Rees-Stealy members can participate
<b>Skinny Gene Project</b>	Locations across San Diego	(619) 793-2010 (888) 500-2344 <a href="http://www.skinnygeneproject.org">www.skinnygeneproject.org</a>	Classes offered in Spanish
<b>Tri-City Wellness Center</b>	Carlsbad	(760) 884-4800 <a href="http://www.tricitywellness.com/healthylifestyle/">http://www.tricitywellness.com/healthylifestyle/</a>	

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