

HALT offers the National DPP and other chronic disease interventions through an accessible online platform, designed to provide equitable and affordable access to life-saving health education and promotion.



National DPP

This program equips participants with the knowledge and tools to lower their risk of type 2 diabetes through sustainable lifestyle changes. Engaging lessons on nutrition, physical activity, and weight management offer practical skills for healthy living, while stress management, goal setting, and community support keep participants motivated. It provides a supportive path toward a healthier, diabetes-free future.



**CDC – Approved
Curriculum for
Online Delivery**



Sample Lessons

- **Getting Started**
- **Mindful Eating**
- **Physical Activity**
- **Social Support**
- **Motivation**
- **Reducing Stress**
- **Hydration**
- **Sleep**

Plus 18 more!

Platform Highlights

- ◆ Participants engage at their convenience each day/week
- ◆ Unlimited onboarding, training and support for coaches
- ◆ CDC data collection and reporting tools