

2026–2027 NATIONAL OFFERINGS

DTTAC Advance™ Learning

Diabetes Training and
Technical Assistance Center
(DTTAC) *Advance™* Learning

Sharpening the competencies of
trained lifestyle coaches and program
coordinators to enhance the delivery
of the National Diabetes Prevention
Program



Grow your skills. Strengthen your program.

Practical advanced learning for Lifestyle Coaches and program coordinators.

PODCASTS

LIVE WEBINARS

ON-DEMAND

BOOTCAMPS



EMORY
ROLLINS
SCHOOL OF
PUBLIC
HEALTH

Diabetes Training
and Technical
Assistance Center
Emory Centers for
Public Health Training
and Technical Assistance



DTTAC

ALL OFFERINGS QUALIFY FOR ACT
UNDER CDC DPRP STANDARDS

Choose the learning format that fits your day

Start with the time you have and the way you prefer to learn.

1

Podcasts

20-30 min

Practical ideas for a commute, walk, or break.

PAGE 3

2

Live Webinars

1-2 hours

Learn in real time, ask questions, and connect.

PAGE 10

3

On-Demand Learning

1-2 hours

Build skills at your own pace, on your schedule.

PAGE 15

4

Bootcamps

4-8 hours

Go deeper through discussion and practice.

PAGE 27

5

Ways to Learn and Partner

\$ - \$\$\$ investment

Choose individual learning, team training, or a custom solution.

PAGE 33

**Every format counts toward Advanced Coach Training (ACT)
required under CDC DPRP Standards.**



Practical conversations for a commute, a walk, or a quick break.

Perfect for the Lifestyle Coach on the go.
Listen on a laptop or phone.

20 - 30
MIN

3 = 1
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ACT

LEARN
ON THE
GO

EPISODIOS DISPONIBLES EN ESPAÑOL

Busy Lifestyle Coaches can listen to DTTAC *Advance*™ podcasts at work, in the office, while driving, on a walk, or wherever via the LearnUpon app.

Dialogues cover practical and informational topics centered around enhancing the skills of Lifestyle Coaches delivering the National Diabetes Prevention Program.



The GLP-1 Playbook Series

A four-part podcast series designed for National Diabetes Prevention Program professionals. Through expert insights and practical discussions, the series explores the growing role of GLP-1 medications in weight management and diabetes prevention, and what coaches, organizations, and program leaders need to know to effectively support participants while remaining evidence-based and person-centered.

Learners can listen to all of the series or just the episode that speaks to their learning needs.

SERIES TOPICS

Understanding Basics

GLP-1 medications have quickly become a major topic in obesity and diabetes prevention. In this episode, we break down the basics, including how these medications work, their evolution over time, potential benefits and side effects, and why lifestyle changes remain an important part of long-term success.

Whether you're new to GLP-1s or looking to refresh your knowledge, this episode provides a practical foundation for National DPP professionals.

Reaching the Right Participants

As GLP-1 medications become more widely used, National DPP providers have new opportunities to engage participants and strengthen referral pathways. In this episode, we explore considerations for marketing programs to individuals taking GLP-1s, communicating the value of lifestyle change, and building partnerships with healthcare providers to support participant success.

Coaching Within Scope

Lifestyle Coaches play a critical role in supporting healthy behavior change, but questions about GLP-1 medications can sometimes blur professional boundaries. In this episode, we discuss how National DPP curriculum content aligns with the needs of participants taking GLP-1s, opportunities to reinforce key lifestyle concepts, and strategies for staying within scope while responding to participant questions and concerns.

Creating Inclusive Support

Participants come to the National DPP with diverse experiences, goals, and approaches to managing their health. In this episode, we explore the importance of fostering a nonjudgmental coaching environment, recognizing and addressing personal biases about medication use, and creating a supportive experience that meets participants where they are on their health journey.



Adapting for Impact Series

In this five-part podcast series, Lifestyle Coaches share how they tailor National DPP Lifestyle Change Program content to connect with the participants they serve. Through real-life examples, coaches discuss adapting discussions, activities, resources, and visual aids while staying true to the program's core principles. Each episode offers practical strategies for meeting participants where they are and creating a more relevant and engaging learning experience.

Learners can listen to all of the series or just the episode that speaks to their learning needs.

SERIES TOPICS

Picture This: Connecting Curriculum to Participants through Visuals

In this podcast we will explore how visual tools, examples, and curriculum presentation approaches can be adapted to make the Lifestyle Change Program curriculum more accessible, engaging, and relevant to participants.

Every Voice Matters: Group Facilitation Adaptations to Create Space for Everyone to Thrive

We know that every DPP cohort brings together individuals from a variety of backgrounds and lived experiences. Creating a safe space for learning and discussion can be challenging. In this podcast we will discuss various facilitation strategies that create an inclusive and supportive group environment where participants feel empowered to engage in their lifestyle change journey.

Meet Them Where They Are: Adaptations That Honor Participant Backgrounds – Making the National DPP Curriculum Relevant

The National DPP curriculum is not a one size fits all approach. While the curriculum is provided as a guide, it is the Lifestyle Coaches' role to ensure engagement with the provided curriculum helps lead program participants to lifestyle change. Hear from coaches delivering the program to individuals all across the country about how they are adapting their program delivery to honor both the CDC model and their participants in the program.

Outside City Limits: Facilitating the National DPP to Individuals that Live in Rural Communities

Individuals living in rural communities often face challenges accessing resources for healthy living. Limited access to public transit, traveling long distances for fresh fruits and vegetables, and limited access to culturally relevant foods are just some examples of challenges that participants in the National DPP living in rural communities must navigate. Join us as we hear from coaches facilitating the National DPP to rural communities about how they work to overcome these challenges and adapt the program to fit the needs of their participants.

Aging Well, Living Well: Facilitating the National DPP to Individuals 65 and Older

Individuals over the age of 65 have unique needs and understanding their needs is paramount to our work as Lifestyle Coaches facilitating the program. Cooking meals for one, adaptive physical activity, navigating a fixed income, are just some challenges we will discuss with Lifestyle Coaches facilitating the program to those 65 and older. Join us as we dive into how we can adapt program delivery to meet the needs of this unique population.



Culture and Curriculum Series

The 98 million people living in the United States who are estimated to have prediabetes come from a variety of cultural, educational, and religious backgrounds. Lifestyle Coaches, whether delivering the program with an audience of participants from a similar cultural background or a diverse group, need to be mindful of the influence of culture on lifestyle change program participants. Whether it be preferred foods, physical activity norms, or support systems, facilitating the program with cultural humility requires Lifestyle Coaches to have inclusive conversations and to occasionally adapt conversations or resources to meet the needs of individuals in their groups.

Learners can listen to all of the series or just the episode that speaks to their learning needs.

SERIES TOPICS

Culture and Curriculum: Food

This podcast episode features an excerpt from the *Culture and Curriculum: Food* webinar, highlighting the rich discussion around how cultural food traditions and norms influence participant experiences in the lifestyle change program. Tune in to hear key takeaways and examples from Lifestyle Coaches on how to support participants in making healthy eating choices that respect and include their cultural preferences.

Culture and Curriculum: Physical Activity

In this excerpt from the *Culture and Curriculum: Physical Activity* webinar, we spotlight a meaningful conversation on how views of physical activity differ across cultures. Hear Lifestyle Coaches share insights on how they've adapted their approach to meet participants where they are making movement feel more accessible, relevant, and enjoyable for all.

Culture and Curriculum: Support

This episode pulls from the *Culture and Curriculum: Support* webinar and focuses on the role of cultural norms in how participants seek and receive support. The discussion explores different ways people define trusted relationships, value community input, and look for encouragement during their lifestyle change journey.

Culture and Curriculum: Body Image

This episode pulls from the *Culture and Curriculum: Body Image* webinar and highlights important reflections on how cultural beliefs shape how people view their bodies—and how that influences their engagement with the program. Listen in as Lifestyle Coaches discuss respectful ways to navigate these differences and build positive, affirming relationships with participants.



ADDITIONAL PODCAST TOPICS

From Participant to Coach

In this DTTAC podcast, a Lifestyle Coach shares their journey from participant in the National DPP lifestyle change program to coach. They reflect on strategies and coaching qualities that supported their success as a participant, what inspired them to become a coach, and how their participant experience informs their facilitation. The discussion also explores impactful coaching skills, challenges encountered during the transition, and the value of engaging former participants as future Lifestyle Coaches.

Coaching through Misinformation

From fad diets and supplements to social media trends and weight-loss claims, participants in the National DPP lifestyle change program are exposed to a constant stream of health information. When questions about these topics arise during sessions, Lifestyle Coaches must balance responding respectfully with keeping the group focused on the program's evidence-based approach. In this podcast, experienced Lifestyle Coaches share practical strategies for addressing misinformation, navigating difficult conversations, and reinforcing the value of the lifestyle change program's proven, sustainable approach to behavior change.

SMART Goals, Habit Formation and Action Plans, oh My!

In this episode, we'll explore the science behind habit formation, examine the role of SMART goals in setting participants up for success, and discuss how Action Plans serve as the bridge between intention and action. By connecting these complementary approaches, Lifestyle Coaches can better support participants in creating meaningful and lasting behavior change.

Making Action Plans Work: Practical Strategies for Lifestyle Coaches

Should participants create a new Action Plan each week? How can Lifestyle Coaches make time during a one-hour session to meaningfully discuss, coach, and reinforce Action Plans? And how can they keep planning relevant and engaging throughout the year?

In this episode, experienced Lifestyle Coaches share practical strategies for introducing Action Plans, incorporating them into one-hour sessions, and reinforcing their use over time to support long-term behavior change.



ADDITIONAL PODCAST TOPICS

Food Positive Facilitation: Moving Beyond Diet Culture to Build a Flexible, Positive Relationship with Food and Health

What if healthy eating didn't require guilt, strict rules, or labeling foods as "good" or "bad"?

In this conversation, a registered dietitian and intuitive eating specialist shares how a food-positive approach can help people create lasting lifestyle changes while improving their relationship with food and their bodies. Learn why restrictive food rules often backfire and how flexible, culturally relevant eating practices can support both health and enjoyment.

Whether you're supporting others in their wellness journey or looking to rethink your own relationship with food, this episode offers evidence-based insights and practical takeaways for a more balanced approach to eating.

Distance Delivery

Many organizations and Lifestyle Coaches offer the National DPP lifestyle change program via distance learning or in-person with a distance component. In this podcast, listeners will hear an experienced Lifestyle Coach discuss best practices for delivering the lifestyle change program remotely. Listeners will learn about common challenges associated with distance delivery and strategies to implement, thereby overcoming these challenges and achieving success with their distance modality groups.

Developing a Culture of Respect and Thoughtfulness in the Lifestyle Change Program

Participants in the National DPP are like snowflakes, meaning no two are alike. Therefore, to achieve success in program delivery, Lifestyle Coaches must develop and enhance their skills that enable them to create a culture of respect and thoughtfulness in their programs. Panelists will discuss the key skills that aid in developing a culture of respect and the impact they have seen in their participants.

Partnering for Food Access

Many participants in the lifestyle change program experience food insecurity. In this podcast, listeners will hear examples of how organizations delivering the National DPP lifestyle change program have formed partnerships and developed resources to support participants in addressing food insecurity.

The Power of Tracking

Tracking food and beverage intake, physical activity, and progress on building new routines are key strategies for behavior change introduced in the lifestyle change program. In this podcast, listeners will hear experienced Lifestyle Coaches reflect on how to best encourage and support tracking to enhance participant behavior change efforts.



ADDITIONAL PODCAST TOPICS

The Lifestyle Change Program as an Antidote for Loneliness

While we think of the positive, supportive connections that form between participants in the National DPP lifestyle change program as primarily focused on helping one another make healthy lifestyle changes, it is evident to any coach or participant that these connections are so much more than just a means to pursue diabetes prevention goals. The connections and support created in a lifestyle change program group may be one antidote to the public health crisis of loneliness and social isolation. In this podcast, a mental health professional will talk about the epidemic of loneliness and social isolation in the United States. The Master Trainer facilitator will also discuss best practices for creating a positive and supportive group environment that can reduce loneliness and social isolation for participants, as well as the importance of resources and referrals.

The Power of Place: How Community Impacts Participants in National DPP

In this episode, we will explore the power of place and how factors such as neighborhood infrastructure, access to healthy food, safe outdoor spaces, and community resources can influence our health choices and impact diabetes risk. Through captivating stories and evidence-based insights, we'll uncover how systemic disparities in different regions can contribute to unequal prevention opportunities. Tune in to broaden your perspective, grasp the significance of creating supportive environments, and gather actionable knowledge to drive positive change in your community's fight against diabetes.

The Soft Stuff: Empathy and Rapport Building

In this episode, we will hear from guest experts who will share insights on how Lifestyle Coaches can cultivate empathy, actively listen, and establish strong rapport to foster meaningful relationships with participants in the National DPP. It is the quality of the Lifestyle Coaches' relationship with participants that has the greatest impact on participants, the group, and, likely, retention and progress in the program. Join us as we explore the crucial role that empathy, trust, and rapport play in achieving program success.

Wait, Wait, Don't Leave: Organizational and Coach Strategies for Keeping Participants Coming Back

The more sessions a participant attends, the more likely they are to make progress on and reach their diabetes prevention goals. In this DTTAC Dialogue, we will examine key practices for organizations and coaches to enhance the likelihood of retaining participants in the National DPP Lifestyle Change Program.

Ensuring Success: Health Equity and National DPP Delivery

Join us as we explore the crucial connection between socioeconomic disparities and diabetes risk, examining how factors such as income, education, and access to healthcare impact one's vulnerability to developing diabetes. Hear from Lifestyle Coaches about how they are utilizing a toolbox of strategies to bridge the gap and make diabetes prevention more inclusive and accessible for everyone.

ADDITIONAL PODCAST TOPICS

Food Realities: Addressing Food Insecurity and Cultural Eating

In this episode, we will explore the intricate relationship between food access and diabetes prevention, discovering how collective action can pave the way for a healthier, more nourished future for everyone. Lifestyle Coaches will share practical ways they address the various food realities and help to ensure their participants can be successful in the Lifestyle Change Program.

Language & Literacy: Fostering Understanding for Participants in the National DPP

In this episode, we explore a critical yet often overlooked aspect of diabetes prevention – the profound impact of language and literacy. We will explore how effective communication and health literacy are essential tools in the fight against diabetes and are important for driving equitable health outcomes. Join us as we explore how using clear language can bridge the gap between medical information and public understanding, empowering individuals to make informed choices about their health. Discover how a simple shift in communication can inspire lasting change and motivate individuals to prioritize their well-being.

Assessing and Addressing

In this podcast, listeners will hear from Lifestyle Coaches who are intentionally providing program support or other resources to assist program participants with their identified health-related social needs.

Stress

This podcast will explore the impact of stress on participants in the lifestyle change program. An experienced Lifestyle Coach will address how participants may be impacted by stress and discuss ways in which Lifestyle Coaches can support participants in managing stress throughout the program.

Oxygen Masks and Lifestyle Coaches

The airplane safety instruction “securing your mask before assisting others” is often quoted to remind caregivers of the importance of prioritizing their self-care. In this podcast, we will discuss simple strategies for Lifestyle Coaches to incorporate self-care.

Weight Loss Medications and the Lifestyle Change Program

With the increased popularity and use of GLP1 medications that aid in weight loss, organizations and Lifestyle Coaches may be concerned about a lack of interest in the lifestyle change program. In this podcast, the facilitator and guest will discuss ways to market the program to potential participants being treated with these medications, as well as supporting existing participants on or off medications.



Aprendizaje que te acompaña a dondequiera que vayas.

TEMAS DE PODCAST EN ESPAÑOL

Cultura y Contexto: Adaptando el Programa a la Comunidad Latina

Este podcast ayuda a los entrenadores a adaptar sus programas de prevención de la diabetes a las realidades culturales y contextuales de la comunidad latina. Se abordarán temas como la importancia de la familia, las tradiciones alimentarias, y las barreras comunes para latinos en el programa de cambio de Estilo de vida.

Facilitación Inclusiva: Creando Espacios Seguros y Aceptantes

Este podcast explorará técnicas de facilitación que promueven la inclusión y la seguridad emocional en grupos de estilo de vida. El episodio proporcionará orientación sobre cómo manejar dinámicas de grupo desafiantes, fomentar la participación, y asegurar que todos los participantes se sientan valorados y escuchados.

Herramientas Efectivas para Entrenadores: Mejorando la Motivación y la Adherencia

Este podcast es centrado en estrategias para mejorar la motivación y la adherencia de los participantes en el programa de cambio de estilo de vida. Se discutirán técnicas de comunicación efectiva, cómo establecer metas realistas y alcanzables, y formas de mantener a los participantes comprometidos a largo plazo.



Build skills you can use in your next coaching session



Live Webinars or On-Demand Learning

Choose real-time discussion or flexible, self-paced learning. Every webinar strengthens practical coaching skills and qualifies for ACT.

1 - 2
HRS



Interactive



Recorded

Advanced webinars help sharpen the competencies of trained lifestyle coaches, program coordinators, and Master Trainers to enhance the delivery of the National Diabetes Prevention Program (National DPP).

Both live and on-demand webinars complement lifestyle coach training and are not a substitute for formal training. On-demand learning is offered in **interactive** or **recorded** formats.

AVAILABLE IN ENGLISH AND ESPAÑOL

Explore by competency



Cultural Humility



Rapport



Fidelity



Supporting Behavior Change



Facilitation

WED
DEC
09
2026

On the Fence: Supporting and Empowering Participants Through Ambivalence

Lifestyle Coaches will learn practical, evidence-informed strategies to recognize and normalize ambivalence, elicit motivation, and respond to resistance. Through demonstrations and practice, participants will strengthen skills that support lasting behavior change.

12 – 1:30 PM ET • ON-DEMAND FEBRUARY 2027 • FACILITATION

WED
APR
14
2027

Coaching Without Judgement: Supporting Participants Using GLP-1 Medications

With the growing use of GLP-1 medications for weight management, Lifestyle Coaches are increasingly supporting participants who incorporate these therapies into their health journeys. As these treatments become more common, coaches play an important role in fostering a welcoming, respectful, and judgment-free group environment.

This webinar examines how personal beliefs and attitudes about medication can influence coaching interactions and explores ways to provide equitable support to all participants. We discuss why GLP-1 medications should be viewed as one of many evidence-based tools available to support health and well-being, as well as practical strategies for managing conversations and group dynamics when participants have different approaches to weight management.

Join us as we discuss how coaches can create an inclusive experience that empowers every participant to pursue their goals with confidence and support.

12 – 1:30 PM ET • ON-DEMAND MAY 2027 • FACILITATION • RAPPORT • CULTURAL HUMILITY

Build skills at your own pace, on your schedule.

MythBusters: Challenging Myths, Championing Change

No pain, no gain! Go big or go home! Just stay motivated! These are all examples of behavior change myths that can discourage program participants. In this self-paced learning module, Lifestyle Coaches will “bust” behavior change myths with participants and shift the coach and participant focus to key behavior change strategies and habit formation.



SUPPORTING BEHAVIOR CHANGE • 60 MINUTES

Understanding Readiness for Change: Supporting Participants Through Every State

Behavior change is a process. Research in behavioral science shows that individuals move through different stages of readiness as they consider, begin, and sustain healthy lifestyle changes. Recognizing where participants are in their change journey is essential for providing effective support throughout the lifestyle change program.



SUPPORTING BEHAVIOR CHANGE • 60 MINUTES

Choose Your Own Adventure

Get ready for an interactive and unpredictable learning experience! In this session, Lifestyle Coaches will step into a playful, scenario-based journey through the twists and turns of recruiting participants and delivering the program. Whether you're navigating challenges with retention, adjusting lesson timing, or finding creative ways to keep your group engaged, every choice you make leads to a new outcome. Coaches will explore real-world dilemmas and learn how to pivot with confidence, creativity, and purpose.



FACILITATION • 60 MINUTES

What's In Your Bag?: Realities and Needs

Participants in the National DPP lifestyle change program bring their whole selves into the program. As a result, their daily realities and personal needs can significantly influence their ability to make and sustain healthy lifestyle changes. In this interactive animated module, learners will explore the difference between realities and needs and gain a deeper understanding of how these factors can impact participants throughout their lifestyle change journey. Most importantly, learners will practice identifying needs vs. realities and consider both individual-level and organizational-level strategies to support people in overcoming barriers to health.



CULTURAL HUMILITY • 60 MINUTES

Culture and Curriculum Webinar Series

The 98 million people living in the United States estimated to have prediabetes come from a variety of cultural, educational, and religious backgrounds. Lifestyle Coaches, whether delivering the program to an audience of participants from a similar cultural background or to a diverse group, must be mindful of how culture influences lifestyle change program participants. Whether it be preferred foods, physical activity norms, or support systems, facilitating the program with cultural humility requires Lifestyle Coaches to have inclusive conversations and to occasionally adapt conversations or resources to meet the needs of individuals in their groups.



CULTURAL HUMILITY • ALL ARE 60 MINUTES IN LENGTH

Culture and Curriculum: Delivering the National DPP Lifestyle Change Program with Cultural Humility and Appropriate Adaptation

Through conversations with experienced Lifestyle Coaches, we will explore different aspects of culture that influence participants in the lifestyle change program. The DTTAC Master Trainer and panelists will discuss the importance of making program adaptations that demonstrate inclusivity and cultural humility in an appropriate manner while maintaining program fidelity.

Culture and Curriculum: Body Image

This webinar will examine the differences in cultural norms surrounding body image that may influence participants in the program and how Lifestyle Coaches can be respectful, responsive, and supportive of participants' varying viewpoints.

Culture and Curriculum: Food

This webinar will examine the differences in cultural norms surrounding food and how these may influence participants in the program. Ways that Lifestyle Coaches can tie healthy eating and cultural eating together will be discussed.

Culture and Curriculum: Faith

This webinar will examine the differences in cultural norms surrounding faith, spirituality, and religious practices, and how these may influence participants in the program. Ways that Lifestyle Coaches can incorporate spiritual components for their participants and be responsive to religious realities will be explored.

Culture and Curriculum: Physical Activity

This webinar will examine the differences in cultural norms surrounding physical activity and how these may influence participants in the program. Ways that Lifestyle Coaches can be respectful, responsive, and supportive to participants will be explored.

Culture and Curriculum: Support

This webinar will examine differences in cultural norms for gaining support, including how participants find support for their lifestyle change efforts, who are trusted individuals for information, and the role that the community plays in individual decision-making. Ways that Lifestyle Coaches can be respectful, responsive, and supportive to participants will be explored.

Build skills at your own pace, on your schedule.

Not One and the Same: Understanding Health-Related Social Needs and Social Determinants of Health

In this webinar, we will explain and explore the concept of Health-Related Social Needs (HRSN) and how they relate to and differ from Social Determinants of Health (SDOH). Approaches to collecting social needs information will be discussed, and Lifestyle Coach panelists will share practices used in different organizations to support participants with identified social needs.

This webinar was created and recorded prior to 2025, before changes were made to the 2025 DPP Standards. While the current CDC DPP standards do not emphasize or require organizations to conduct a social needs assessment beyond disability status, Emory DTTAC, as a public health mission driven training entity, believes that this learning content is important and reflects best practices in supporting lifestyle change program participants.



CULTURAL HUMILITY • 90 MINUTES

Making Moves Forward: Approachable Physical Activity for All

Lifestyle coaches facilitating the National DPP lifestyle change program often have participants with a variety of health conditions that may impact their ability or likelihood to engage in physical activity. From participants with mild joint pain to participants with disabilities, barriers to physical activity can feel like overwhelming obstacles to participants hoping to achieve program physical activity goals. In this webinar, attendees will explore strategies for helping participants find success with their physical activity goals, regardless of physical limitations and abilities.



CULTURAL HUMILITY • 60 MINUTES

Recognizing Realities: Understanding Flexibility Within Fidelity to Meet Participant Needs

An audience-centered approach to delivering the National DPP program is essential to meet the diverse needs and realities of program participants. This webinar will discuss strategies for gathering information about these realities and needs at the organizational and lifestyle coach levels. Learners will also explore ways to make session activities and conversations relevant and impactful while keeping program fidelity. Attendees will be provided with a framework for evaluating the appropriate level of flexibility within the fidelity of the National DPP.



CULTURAL HUMILITY • 60 MINUTES

Build skills at your own pace, on your schedule.

Prevention Priorities: Identifying and Reaching Priority Populations

Inequities in incidence and prevalence of diabetes and pre-diabetes have highlighted a need to focus prevention efforts on “priority populations”. This training will address the disproportionate effects of diabetes and pre-diabetes on certain populations of people. Learners will discuss defining and identifying priority populations within their communities and explore strategies for engaging with these populations.

**CULTURAL HUMILITY • 60 MINUTES**

It's Raining Men: Engaging Men in the National DPP

According to the National Diabetes Statistics Report, more men than women have prediabetes. However, participation in the National DPP among men, particularly minority men, lags behind that of women. It's Raining Men explores the factors contributing to the lack of engagement among men and discusses strategies for increasing the participation of men in lifestyle change programs. Stories from successful lifestyle change programs and similar health promotion efforts aimed at men are shared.

**CULTURAL HUMILITY • 90 MINUTES**

Lifestyle Change Upstream: Practical Tips for Lifestyle Coaches Addressing Social Determinants of Health

The success of the Lifestyle Change Program lies in the benefits it provides to all participants, including the reduction or delay of their risk of developing type 2 diabetes. Ensuring that ALL participants meet program goals is critical to helping them reduce their risk, and achieving those goals demands that we attend to our participants' unique needs and realities. In this webinar, we will explore the many ways that programs and coaches are uncovering participant needs and addressing them through program partnerships, facilitation approaches, and resource sharing.

**CULTURAL HUMILITY • 120 MINUTES**

Understanding Bias and the National DPP

Bias can be innate or learned, and many biases are unconscious or implicit. As organizations and lifestyle coaches that intend to serve all individuals at risk for diabetes, it is essential to examine bias and its potential to inadvertently exclude participants from engaging in our National DPP programs. This webinar expands the understanding of bias and provides program coordinators and lifestyle coaches with strategies for mitigating the negative impact that bias can have on the success of participants and organizations.

**CULTURAL HUMILITY • 90 MINUTES**

Build skills at your own pace, on your schedule.

Groovin' Groups in Any Mode: Creating & Maintaining Positive Group Dynamics in the Lifestyle Change Program

A positive, supportive group environment is a powerful force in the lifestyle change program. Regardless of program delivery mode, building rapport and trust, creating space in sessions for participants to form connections, and leveraging group problem-solving and support are all examples of ways Lifestyle Coaches help to create grooving groups. In this webinar, we will discuss and problem-solve how to create and maintain a positive group environment, as well as strategies for managing common group challenges.



RAPPORT • 120 MINUTES

Build skills at your own pace, on your schedule.

Delivering with Data: How Lifestyle Coaches and Coordinators Use Data to Serve Participants and Improve Program Outcomes

Data collection for the National DPP extends far beyond submitting a file to the DPRP. Data can be used before, during, and after your program implementation, which will shape not only participant success but also organizational sustainability. Whether you are a lifestyle coach or a program coordinator, there are several steps that can be taken to better meet the needs of individual participants and the community you serve. This webinar will explore the importance of collecting and utilizing organizational, community, and program data to enhance program implementation, delivery, and participant outcomes.

**FIDELITY • 60 MINUTES**

Wait, Wait, Don't Leave: Keeping Participants Engaged in the Yearlong Program

Achieving CDC preliminary and full recognition requires, in part, that participants consistently attend their lifestyle change program sessions in line with DPRP standards. Furthermore, attending these sessions and engaging in the strategies discussed and discovered is critical for participants to reduce their risk of type 2 diabetes. Organizations delivering the program are aware of these facts, yet retaining participants in the lifestyle change program remains a challenge. In this webinar, Lifestyle Coaches and program coordinators will explore barriers and facilitators to participant engagement and retention, and offer practical tips that your organization can use to help participants find success in the program and experience lifestyle change.

**FIDELITY • 60 MINUTES**

Nutrition 101: An Introduction to Nutrition Fundamentals for Non-Nutrition Professionals*

Nutrition 101 provides an introduction to nutrition for Lifestyle Coaches, Community Health Workers, or others who deliver evidence-based programs and do not have a background in nutrition science. This module, based on the USDA guidelines for Americans, introduces learners to macro- and micronutrients and their roles in a healthy eating plan. The learning module also introduces the USDA MyPlate and the American Diabetes Association's Diabetes Plate, which are incorporated into many evidence-based health programs.

The module was designed for self-paced learners, featuring activities to reinforce learning and knowledge checks to ensure understanding. Nutrition 101 is a valuable resource for enhancing the knowledge and confidence of learners in developing and implementing evidence-based programs that incorporate healthy eating components.

This training does not count towards the CDC Advanced Coach Training requirement, and it is not a replacement for foundational Lifestyle Coach Training.

**FIDELITY • 30 MINUTES**

Build skills at your own pace, on your schedule.

Charge Up the Change: Tools and Strategies to Support Participant Behavior Change

Self-monitoring, action planning, and problem-solving, combined with key facilitation approaches, are examples of tools and strategies that lifestyle coaches use to support and empower participants as they work towards their diabetes prevention goals. In this webinar, facilitators will discuss and practice these strategies and how lifestyle coaches can optimize their use in support of participants' change process.



SUPPORTING BEHAVIOR CHANGE • 120 MINUTES

Habit Formation: Empowering Participants to Build Sustainable Habits for Lifestyle Change

Maintaining motivation is difficult when aiming for lifestyle change, but habits can effectively support change regardless of one's motivation at a particular point in time. In this webinar on behavior change, lifestyle coaches will be introduced to the science of habit formation and will learn how to effectively support participants' habit formation skills as they aim to reduce their risk for developing type 2 diabetes.



SUPPORTING BEHAVIOR CHANGE • 60 MINUTES

Exploring Readiness: Understanding, Assessing For, and Promoting Readiness to Change

Behavior science tells us that people progress through stages of readiness as they consider making a behavior change. In this webinar, Lifestyle Coaches will learn more about the science of readiness to integrate into their delivery of the National DPP. Webinar participants will hear how Lifestyle Coaches are incorporating readiness assessment into their lifestyle change programs, and most importantly, how Lifestyle Coaches can use their understanding of the change process to support participants in their diabetes prevention efforts.



SUPPORTING BEHAVIOR CHANGE • 90 MINUTES

The Trouble with Tracking: Strategies for Participant and Lifestyle Coach Success with Food Tracking

Food and activity tracking is the number one predictor of success in the lifestyle change program. This webinar refreshes coaches on the purpose of tracking in the lifestyle change program and discusses ideal kinds of feedback that lifestyle coaches provide in trackers. Most importantly, learners explore common challenges with trackers, including encouraging participants to track more often, dealing with literacy issues, and best practices for reviewing trackers.



SUPPORTING BEHAVIOR CHANGE • 60 MINUTES

Build skills at your own pace, on your schedule.

Lifestyle Change and Weight Loss Medications: Friend, Foe, or Something Else?

The efficacy and availability of prescription medications (GLP1s) to treat overweight and obesity are on the rise! Potential and current participants in the National DPP lifestyle change program may be considering or already taking prescription medications to treat overweight and obesity. In the first part of this webinar, clinical pharmacists will explain (in plain language) how these medications work, what the benefits of these treatments are, and potential side effects a person taking them may experience. In the second part of this webinar, Lifestyle Coaches will discuss important considerations when facilitating the program for participants being treated with these medications, as well as how the lifestyle change program can be viewed and promoted as an adjunctive support program for individuals seeking medication treatment.



SUPPORTING BEHAVIOR CHANGE • 60 MINUTES

Motivation is a Fickle Friend: Understanding Motivation, Supporting Readiness, and Using Strategies to Support Participant Behavior Change

In this webinar, we will examine the various factors that influence health behavior change. Lifestyle Coaches will learn how to discuss and support changes in their groups in a way that moves beyond a singular focus on motivation to a focus on skills, strategies, and support that have been proven to increase the likelihood of change.



SUPPORTING BEHAVIOR CHANGE • 120 MINUTES

Balancing the Scales: Inspiring a Healthy View of Weight in the National DPP Lifestyle Change Program

The National DPP Lifestyle Change Program emphasizes a 4-7% weight loss to achieve risk reduction for Type 2 diabetes. At the same time, lifestyle coaches and the program materials focus on a lifestyle change approach versus a diet approach. In this webinar, we will discuss how to balance the emphasis on achieving weight loss goals with equal attention to changes participants are making in service of their health that may not be reflected on the scale.



SUPPORTING BEHAVIOR CHANGE • 120 MINUTES

Reducing Stress and Reducing Risk: Understanding the Role of Stress in Diabetes Prevention and How Lifestyle Coaches Can Better Support Participants

The science of stress and its role in our health is ever-evolving. There is a greater understanding of the role that stress plays in diabetes risk and management. In this webinar, we will explore the latest scientific research on stress and diabetes risk, and then focus on practical strategies that Lifestyle Coaches can implement to help participants manage stress and support their diabetes prevention goals..



SUPPORTING BEHAVIOR CHANGE • 60 MINUTES

Build skills at your own pace, on your schedule.

I See You: Build Your Skills with Reflections to Inspire and Insight Change

Reflections are a coaching and facilitation technique intended to prompt individuals to think deeply and critically about their experiences, insights, and actions. Reflections enable the Lifestyle Coach to clarify thoughts and uncover new insights that can help participants move forward with their behavior change efforts. In this webinar, reflections will be defined, discussed, and practiced with an experienced Master Trainer and Lifestyle Coach.

**FACILITATION • 60 MINUTES**

Coaching with Cameras: Best Practices for Distance Learning - 5 Years Post Pandemic

Many organizations and Lifestyle Coaches abruptly began delivering the lifestyle change program via distance learning due to the global pandemic. Years later, many organizations and Lifestyle Coaches continue to offer the program via distance learning for various reasons. In this learning event, we will cover best practices for distance delivery of the lifestyle change program. Lifestyle Coach panelists will share program successes and challenges they have overcome with their distance modality groups.

**FACILITATION • 60 MINUTES**

Hats Off!: Making the Shift from Clinician to Coach

A Lifestyle Coach is a group facilitator, rather than an expert teacher. The role of the Lifestyle Coach in the National DPP Lifestyle Change Program is to lead group sessions using a CDC-approved curriculum and support participants as they make lifestyle changes to reduce their risk for type 2 diabetes. Lifestyle coaches who are also clinicians can struggle to set aside their clinical expertise to facilitate learning rather than teaching. In this webinar, we will explore the benefits of a facilitated/coach approach to lifestyle change and hear expert tips from experienced lifestyle coaches on transitioning from clinician to coach.

**FACILITATION • 60 MINUTES**

Powerful Questions: The Lifestyle Coach's Superpower

Asking questions as a coach can inspire deep reflection, reveal unrecognized strengths, and create pivotal moments for participants. While the CDC curricula offer starting questions for Lifestyle Coaches, it is often the unscripted moments in a program session that a powerful question has the potential to impact a participant. In this webinar, facilitators will discuss the potential impact of powerful questioning, provide examples, and practice powerful questioning.

FACILITATION • 60 MINUTES

Build skills at your own pace, on your schedule.

Facilitation Refresher*

This interactive training is designed for Lifestyle Coaches who have received formal training but have not yet delivered the NDPP program or have not delivered it in a while. Designed to assist Lifestyle Coaches who are looking for booster training before starting their next or first group, participants will revisit fundamental practices for leading a successful lifestyle change program. The training will be broken into three parts:

1. Participants will briefly revisit the goals, structure, and key values of the National Diabetes Prevention Program (DPP) Lifestyle Change program
2. Participants will discuss Lifestyle Coach roles, ideal characteristics, and facilitation skills used to optimize group engagement and empower participants towards change.
3. The presenter and other experienced Lifestyle Coaches will reflect on their biggest challenges with their groups, their personal lessons learned, and tips for other coaches to consider.

This training is not a DTTAC Advanced training as it reviews basic Lifestyle Change Program principles.



FACILITATION • 30 MINUTES

Desarrolla habilidades a tu propio ritmo y según tu horario.



Grabado

Reanime el cambio de estilo de vida

¡Hacer cambios en el estilo de vida es un asunto serio, pero los entrenadores de estilo de vida eficaces saben que hacer que las sesiones sean interesantes y divertidas hace que el trabajo serio sea más fácil de hacer! Añadirles un toque creativo y divertido a las sesiones, en especial en los meses 7 al 12, puede ayudar a que los participantes vuelvan a las sesiones.. En este seminario web, los entrenadores de estilo de vida escucharán ideas creativas de entrenadores de estilo de vida experimentados para hacer que las sesiones sean más interactivas y divertidas, con un enfoque particular en las sesiones de los meses 7 al 12.



HUMILDAD CULTURAL • 60 MINUTOS

Reconociendo las Realidades de la Vida

Un enfoque centrado en el público para la impartición del programa National DPP es fundamental para satisfacer las necesidades y realidades diversas de los participantes en el programa. En este seminario web se discutirán las estrategias para recopilar información sobre estas realidades y necesidades a nivel de organización y de entrenador de estilo de vida. Los estudiantes también explorarán formas de hacer que las actividades y las conversaciones de la sesión sean pertinentes e impactantes para mantener la fidelidad del programa. Los asistentes recibirán un marco para evaluar la flexibilidad adecuada dentro de la fidelidad del National DPP.



HUMILDAD CULTURAL • 120 MINUTOS

Desarrolla habilidades a tu propio ritmo y según tu horario.

Moviéndose Hacia Adelante

Los entrenadores de estilo de vida que facilitan el programa nacional de cambio de estilo de vida del DPP a menudo tienen participantes con una variedad de condiciones de salud que pueden afectar su capacidad o probabilidad de participar en actividades físicas. Desde los participantes con dolor leve en las articulaciones hasta los participantes con discapacidades, las barreras a la actividad física pueden sentirse como obstáculos abrumadores para los participantes que esperan alcanzar las metas de actividad física del programa. En este seminario web, explorará estrategias para ayudar a los participantes a encontrar el éxito con sus metas de actividad física, independientemente de las limitaciones y habilidades físicas.



FOMENTAR EL CAMBIO DE COMPORTAMIENTO • 60 MINUTOS

Todos los Alimentos son Aptos

El programa National DPP de cambio de estilo de vida no es un programa de nutrición individualizado. Tampoco pretende ser una dieta restrictiva o prescriptiva. Muchos entrenadores de estilo de vida luchan con este enfoque menos directivo para el cambio de estilo de vida y se preguntan si dar una orientación más específica daría resultados más rápidos o más ideales. En este seminario web se revisará y explicará el enfoque actual de la alimentación saludable presentado en el plan de estudios Prevent T2 de 2421. Entrenadores de estilo de vida experimentados con formación en ciencias de la nutrición compartirán sus conocimientos.



FOMENTAR EL CAMBIO DE COMPORTAMIENTO • 60 MINUTOS

Preguntas Poderosas

Como entrenador, haciendo una pregunta puede inspirar una reflexión profunda, revelar fortalezas no reconocidas y crear momentos cruciales para los participantes. Si bien el guion de cada sesión del currículo de los CDC ofrece preguntas iniciales para los entrenadores de estilo de vida, a menudo son las que no están en el guion donde una pregunta poderosa tiene el potencial de impactar a un participante. En este seminario web, los facilitadores discutirán el impacto potencial de un cuestionamiento poderoso, proporcionarán ejemplos y practicarán preguntas poderosas.



FACILITACIÓN • 60 MINUTOS

Go deeper through discussion and practical application.



Virtual Advanced Live Training

Build advanced skills through interactive, in-depth training tailored to your audience.

4 - 8
HRS

CEUs

In-depth exploration of a topic area to enhance the skills of trained lifestyle coaches, program coordinators, and Master Trainers and improve National DPP delivery across the country.

Longer sessions allow for detailed presentations, rich group discussions, and virtual or in-person interaction. .

CE credits* available at no additional cost for Registered Dietitians (CDR) and Certified Diabetes Educators (CDE).

COMBINE TWO 4-HOUR TOPICS FOR A CUSTOM TWO-DAY TRAINING

Explore by competency

 Cultural Humility

 Rapport

 Fidelity

 Supporting Behavior Change

 Facilitation

**Live attendance is mandatory for participation in DTTAC Advance™ Bootcamps.*

Go deeper through discussion and practical application.

It's Raining Men: Engaging Men in the National DPP

According to the National Diabetes Statistics Report, more men than women have prediabetes. However, participation among men, particularly minority men, in the National DPP lags behind their female counterparts. This training will explore factors contributing to the lack of engagement among men and discuss strategies for increasing the participation of men in lifestyle change programs. Creating an inclusive atmosphere where all participants feel accepted, connected, and understood is essential to their success in the National DPP. Stories from successful lifestyle change programs and similar health promotion efforts aimed at men will be shared. Training participants will have the opportunity to hear from subject matter experts, share best practices, and apply concepts learned in a practical setting.

CULTURAL HUMILITY • 4 HOURS

Implementing Health Equity in Practice: Practical Ways to Apply Health Equity Principles in National DPP Delivery

This boot camp is designed to provide actionable insights and techniques for fostering inclusivity and cultural humility within the National DPP. Discover innovative approaches to bridge gaps, nurture empathetic relationships, and build trust within your groups. Engage in interactive sessions, gain valuable tools, and learn from Lifestyle Coaches across the country about their innovative approaches. All in service of working to deliver the National DPP in such a way that provides equal opportunity for each participant to achieve success.

CULTURAL HUMILITY • 4 HOURS

Enhancing the Delivery of the Lifestyle Change Program through a Health Equity Lens

Racial/ethnic inequities exist in the risk, development, and complications of type 2 diabetes, with people of color experiencing the greatest burden of disease. As a lifestyle coach aiming to prevent type 2 diabetes, developing a health equity lens is crucial to ensure equitable outcomes for all participants. This advanced training will explore issues of bias, social determinants of health, systemic racism, and cultural humility in communities and lifestyle change programs. Participants will learn how to adapt and apply these concepts to the National DPP program delivery for specific at-risk populations.

CULTURAL HUMILITY • 8 HOURS

Exploring Inclusion and Culture: How a Culturally Humble and Inclusive Approach Can Help Improve Engagement, Retention, and Outcomes of the National DPP

A person's culture plays a significant role in their lifestyle behaviors, including food choices, physical activity, and health-related beliefs. Additionally, creating an inclusive atmosphere where all participants feel accepted, connected, and understood is essential to their success in the National DPP. This advanced training will provide insight into how a culturally humble approach and creating an inclusive atmosphere contribute to retention, engagement, and achievement of program goals for participants in the National DPP. Facilitators and panelists will discuss appropriate adaptations to recruitment and program delivery based on an understanding of the diverse cultures and backgrounds served by the organization. This training will explore key pillars to successful, culturally specific interventions and cultural sensitivity.

CULTURAL HUMILITY • 8 HOURS

Go deeper through discussion and practical application.

Participant Retention in the National DPP: A Three-Layer Cake

This in-depth training will explore participant retention in the National DPP lifestyle change program, a critical component to both participant and organizational success. Through facilitated discussions, experiential activities, and peer dialogue, learners will explore best practices for increasing program retention at the organizational, coaching, and participant levels.

RAPPORT • 4 HOURS

Habit Formation: Empowering Participants to Build Sustainable Habits for Lifestyle Change

Maintaining motivation is difficult when aiming for lifestyle change, but habits can effectively support change regardless of one's motivation at a particular point in time. In this boot camp on behavior change, Lifestyle Coaches will be introduced to the science of habit formation and will learn how to effectively support participants' habit formation skills as they aim to reduce their risk of developing type 2 diabetes.

SUPPORTING BEHAVIOR CHANGE • 4 HOURS

Navigating the Jungle of Change: Understanding and Optimizing Participant Behavior Change

In this DTTAC Behavior Change Bootcamp, Navigating the Jungle of Change, Lifestyle Coaches will receive both theoretical and practical information about and strategies for understanding the change process and how to support their program participants through this process.

Day 1 in the jungle will include some theoretical foundations of change, discussions, and activities to apply their understanding of change to themselves and their participants. Day 2 in the jungle will build on the understanding from Day 1 to explore practical ways that Lifestyle Coaches can support participant behavior change. Exploring readiness, building self-efficacy, resolving ambivalence, and focusing on habit formation are examples of topics covered on day 2. Panel presentations and panel discussions, video clips, breakout room case studies, and personal reflection are examples of jungle activities included throughout the training.

SUPPORTING BEHAVIOR CHANGE • 8 HOURS

Recipe for Success: Advancing Facilitation Skills

This in-depth training will provide lifestyle coaches with an opportunity to assess, review, and refine their facilitation skills —the “secret sauce” for delivering a successful lifestyle change program in any modality. Through engaging activities, role-playing, case study discussions, and peer sharing, the learner will deepen their comfort and competency with key facilitation skills. Strategies for enhancing and managing group dynamics for both in-person and distance delivery modes will be discussed.

FACILITATION • 4 HOURS



Individual, Team, or Customized Training

Choose individual learning, team training, or a customized solution for your organization.

\$ - \$\$\$

1

Individual Coaches

Podcasts, webinars, and Lifestyle Coach Training

2

Groups

Webinar packages, private learning events, and tailored support

Organizations can sponsor access for a group, while individual coaches can select only the learning they need.

Advanced Learning Webinars

Live or on-demand • 1–2 hours • ACT eligible
Cover 5 competency areas

Individual access **\$45-\$65**

One seat in a 1- or 2-hour webinar

Sponsorship **\$1,500**

Up to 50 seats for one topic

Subscription **\$2,875**

Up to 75 seats across four topics

**Continuing Education Units (CEUs) available
for purchase for live webinars.**

Advanced Podcasts

20–30 minutes • Learn on the go • ACT eligible

Single podcast **\$10**

One episode for one coach

One hour of ACT **\$25**

Three podcasts for one coach

Annual individual access **\$50**

Unlimited podcasts for one year

Network access **\$1,250**

Unlimited access for coaches in your network

Organizational packages include custom registration code, promotional flyer, DTTAC email promotion, registration updates, and final reporting.

Explore live and on-demand webinar
topics in the Training Catalog.

Explore podcast offerings
in the Training Catalog.

Private experiences give teams more time to discuss, practice, and apply new skills together.

Advanced Peer Learning Series

\$3,000
Up to 50 seats

A two-part experience that moves participants from learning to application:

- 1 On-demand webinar on a topic of choice
- 2 Private 1-hour dialogue facilitated by a DTTAC Master Trainer

Private Bootcamps

Interactive, in-depth training customized for your network, up to 50 seats, virtual or in-person.

FEATURED BOOTCAMP

Populations at Greatest Risk for Diabetes

A 4-hour virtual bootcamp that helps Lifestyle Coaches strengthen culturally responsive communication, build trust, and support behavior change with priority populations. It can be customized to the population at greatest risk in your state, the population your organization primarily serves, or offered more broadly. Participants must have been trained as a Lifestyle Coach by a CDC-recognized training entity.



4-hour virtual **\$4,750+**

8-hour virtual **\$9,500+**

8-hour in-person **\$10,000+**
Includes trainer travel

Need a customized training?
Reach out to DTTAC to inquire.

All packages include materials (virtual or printed), CEUs, registration updates, promotional flyers, and final reporting.

Explore private bootcamp topic offerings in the Training Catalog.

Choose the format that fits your coaches

Each option builds foundational skills through expert instruction, active practice, and National DPP materials.



VIRTUAL

Distance Training

\$749/person

Three live 4.5-hour Zoom sessions

EN ESPAÑOL

Spanish Distance Training

\$749/person

Three live sessions delivered in Spanish

IN PERSON

In-Person Training

\$849/person

Two-day training for cohorts of 16–18

Explore [current schedule](#) of available trainings.

Every training option includes:

- ✓ Small-group learning
- ✓ Skills practice
- ✓ CDC curriculum and DTTAC materials
- ✓ Training pre-work
- ✓ Promotional support and evaluation reporting

Extend learning beyond a single course



Group Coaching Certificate

\$2,500/person

Group pricing available

6 months • Weekly online lessons • Live 2-hour sessions

Six-month advanced training for experienced National Lifestyle Coaches to strengthen group facilitation and behavior change skills. Covers five core competencies. Participants gain access to CDC-approved materials, connect with peers and Master Trainers, and earn a certificate as a Group Coaching Specialist, plus national recognition, upon completing the final exam.

Master Trainer Select™

See [website](#)

Organizational trainer development

Community Coach Connections

\$2,500/year

Private online coach community to connect Lifestyle Coaches in your state to discuss state-specific resources, best practices, and questions.

DTTAC can help build the right training solution for your organization.
Email us today: dttac@emory.edu