

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:

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

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San Diego Blood Bank	San Diego	(619) 296-6393	Employees Only
San Diego Family Care, Linda Vista Health Care Center	San Diego	(858) 279-0925 Ext. 3111 www.sdfamilycare.org	Classes offered in Spanish
San Ysidro Health Center	San Ysidro	(619) 662-4100 Ext. 2935 www.syhc.org	Classes offered in Spanish
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	Locations across San Diego	(858) 678-7050 (800) 727-4777 www.scripps.org/diabetes	Classes offered in Spanish
SelfHelpWorks Inc	Locations across San Diego	(619) 296-6001 Ext. 204 www.selfhelpworks.com	Classes offered online
Sharp Rees-Stealy Center for Health Management	Locations across San Diego	(858) 499-2700 (619) 590-3300 sharp.com/wellness	Only Sharp Rees-Stealy members can participate
Skinny Gene Project	Locations across San Diego	(619) 793-2010 (888) 500-2344 www.skinnygeneproject.org	Classes offered in Spanish
Tri-City Wellness Center	Carlsbad	(760) 884-4800 http://www.tricitywellness.com/healthylifestyle/	

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