DPP Programs – Updated Aug 2024

Alamance County

* Alamance County Health Department
  + Free/low cost
  + <https://www.lifein24.us/>
  + (336) 570-6414
* Cone Health Nutrition and Diabetes Education Services – Alamance Regional
  + Free/low cost
  + <https://www.conehealth.com/services/diabetes-education/diabetes-prevention-program/>
  + (336) 832-3236

Alexander County/Caldwell County

* Catawba Valley Health System
  + Free/low cost
  + <https://www.catawbavalleyhealth.org/Medical-Center/Services/Diabetes.aspx>
  + (828) 326-3442 / [DiabetesEd@cvmc.us](mailto:DiabetesEd@cvmc.us)
* YMCA of Northwest North Carolina (Alexander County Family YMCA)
  + Free/low cost
  + (336) 245-7228 / [diabetesprevention@ymcanwnc.org](mailto:diabetesprevention@ymcanwnc.org)

Catawba County

* YMCA of Catawba Valley
  + <https://www.ymcacv.org/programs/health-wellness/diabetes-prevention>
  + (828) 324-2858 / [lalak@ymcacv.org](mailto:lalak@ymcacv.org)
* Cabarrus Health Alliance
  + Free/low cost
  + <https://www.cabarrushealth.org/395/Diabetes>
  + (704) 920-1255
* Catawba Valley Medical Center
  + Free/low cost
  + <https://www.catawbavalleyhealth.org/Medical-Center/Services/Diabetes.aspx>
  + [DiabetesEd@cvmc.us](mailto:DiabetesEd@cvmc.us)
* Frye Regional Medical Center
  + https://www.fryemedctr.com/diabetes-care-center
  + (828) 322-6699

Chatham County

* Chatham County Health Department
  + Spanish class available
  + <https://www.chathamcountync.gov/government/departments-programs-i-z/public-health/diabetes-prevention-management>
  + (919) 545-8477
* YMCA of the Triangle (Chatham YMCA)
  + Free/low cost
  + <https://www.ymcatriangle.org/programs/wellness/diabetes-prevention-program>
  + (919) 582-9396

Davie County

#### YMCA of Northwest North Carolina (Davie YMCA)

#### <https://ymcanwnc.org/programs/diabetes-prevention/>

#### (336) 245-7227 / [diabetesprevention@ymcanwnc.org](mailto:diabetesprevention@ymcanwnc.org)

Forsyth/Davidson County

* YMCA of Northwest North Carolina (Jerry Long Family YMCA)
  + Free/low cost
  + <https://ymcanwnc.org/health-and-fitness/community-health-programs/diabetes-prevention>
  + (336) 245-7227 / [diabetesprevention@ymcanwnc.org](mailto:diabetesprevention@ymcanwnc.org)
* Forsyth County Health Department – NC Minority Diabetes Prevention Program
  + <https://www.forsyth.cc/publichealth/diabetes_prevention.aspx>
  + (336) 703-3219

Guilford County

* YMCA of Greensboro
  + Free/low cost
  + <https://www.ymcagreensboro.org/programs/diabetes-prevention>
  + (336) 478-9622
* Cone Health Nutrition and Diabetes Education Services – Greensboro
  + Free/low cost
  + <https://www.conehealth.com/services/diabetes-education/diabetes-prevention-program/>
  + (336) 832-3236
* Guilford County DHHS Public Health Division
  + <https://www.guilfordcountync.gov/our-county/human-services/health-department/adult-health-services>
  + (336) 641-4102 / [APowell2@guilfordcountync.gov](mailto:APowell2@guilfordcountync.gov)

Iredell County

* YMCA of Northwest NC (Statesville Family YMCA)
  + <https://ymcanwnc.org/programs/diabetes-prevention>

#### (336) 245-7227 / [diabetesprevention@ymcanwnc.org](mailto:diabetesprevention@ymcanwnc.org)

Mecklenburg County

* YMCA of Greater Charlotte
  + Free/low cost
  + <https://www.ymcacharlotte.org/programs/health-wellness/diabetes-prevention>
  + [ymcareferrals@ymcacharlotte.org](mailto:ymcareferrals@ymcacharlotte.org)
* Atrium Health Diabetes & Nutrition Care
  + Free//low cost
  + <https://atriumhealth.org/medical-services/specialty-care/other-specialty-care-services/diabetes-care-endocrinology/diabetes-care-prevention>
  + (704) 631-1142

Montgomery County

* FirstHealth of the Carolinas
  + Free/low cost
  + <https://www.firsthealth.org/medical-care/diabetes-nutrition-education/prediabetes-program/>
  + (910) 715-1925

Randolph County

* Prevo Drug
  + Free/low cost
  + <https://www.prevodrug.com/medicare-diabetes-prevention-program>
  + (336) 625-4311 / [admin@prevodrug.com](mailto:admin@prevodrug.com)

Rockingham County

* Cone Health Nutrition and Diabetes Education Services – Reidsville
  + Free/low cost
  + <https://www.conehealth.com/locations/profile/nutrition-and-diabetes-education-services-at-reidsville/>
  + (336) 951-6070
* Rockingham County Division of Public Health
  + <https://www.rockinghamcountync.gov/pview.aspx?id=55124&catid=0>
  + (336) 342-8149
* YMCA of Greensboro (Eden Family YMCA / Reidsville Family YMCA)
  + Free/low cost
  + https://www.ymcagreensboro.org/programs/diabetes-prevention
  + (336) 478-9622

Rowan County

* Rowan-Cabarrus YMCA
  + Free/low cost
  + <https://rocabymca.org/diabetes-prevention-program>
  + (704) 795-9622 ext. 219 or [ahoffner@rocabymca.org](mailto:ahoffner@rocabymca.org)
* Cabarrus Health Alliance
  + Free/low cost
  + <https://www.cabarrushealth.org/395/Diabetes>
  + (704) 920-1255

Wilkes County

#### YMCA of Northwest North Carolina (Wilkes Family YMCA)

#### <https://ymcanwnc.org/programs/diabetes-prevention/>

#### (336) 245-7227 / [diabetesprevention@ymcanwnc.org](mailto:diabetesprevention@ymcanwnc.org)

* Wilkes Health
  + <https://wilkescounty.net/199/Health-Department>
  + (336) 903-7298

Yadkin County

#### YMCA of Northwest North Carolina (Yadkin Family YMCA)

#### <https://ymcanwnc.org/programs/diabetes-prevention/>

#### (336) 245-7227 / [diabetesprevention@ymcanwnc.org](mailto:diabetesprevention@ymcanwnc.org)

Virtual Program Options:

* Eat Smart, Move More, Prevent Diabetes
  + <https://esmmpreventdiabetes.com/enroll/>
* TAT Health Solutions Diabetes Prevention Program
  + <https://tathealthsolutions.com/diabetes-prevention-program-dpp/>