

FREE Diabetes Prevention Program (DPP)

at St. Catherine of Siena Hospital in collaboration with the Suffolk County Department of Health



Catholic Health

St. Catherine of Siena Hospital

58% of new cases of Type 2 diabetes can be prevented through a DPP.

Program provides:

- Trained lifestyle coaching.
- CDC approved curriculum.
- Group support during the course of the year.

If you have prediabetes, you can take control and reduce your risk of developing diabetes.

To find out if you qualify for this free program, please reach out to:

Debora Rippel, MA, Senior Public Health Educator
Diabetes Prevention Program Coordinator, Master Trainer,
Suffolk County Department of Health Services,
Office of Health Education

Call (631) 853-2928 or email
debora.rippel@suffolkcountyny.gov

**DPP series starts
Monday, August 24, 2026
5 – 6:30 pm and continues
with the following dates:**

August 24, 31, 2026
September 14, 21, 28, 2026
October 5, (skip 10/12), 19, 26, 2026
November 2, 9, 16, 23, 30, 2026
December 7, 14, 21, 2026
January 4, 25, 2027
February 8, 22, 2027
March 15, 2027
April 19, 2027
May 17, 2027
June 21, 2027
July 19, 2027
August 16, 2027

St. Catherine of Siena
Nursing & Rehabilitation Care Center
52 Route 25A, Smithtown, NY
Father Fred Hill Room (Lower level)



Did you know?

- **1 out of every 3** U.S. adults has prediabetes.
- **9 out of 10** people do not even know they have it.
- For every **2.2 lbs. of weight loss**, you reduce your risk of diabetes by **13%**.
- Preventing diabetes reduces your chances of having other chronic diseases such as heart disease, stroke and certain cancers.

