

# Obesity and Chronic Disease Prevention Programs

## Lower Risk for Complications from COVID-19

The Alabama Department of Public Health (ADPH) is committed to serving the people of Alabama with a mission to promote, protect, and improve Alabama's health.

COVID-19 is a new, serious virus and ADPH is diligently working to reduce and eliminate its spread.

Obesity and chronic disease place individuals with COVID-19 at a higher risk for complications. ADPH has existing programs that may help lessen the impact of COVID-19 if diagnosed with it. ADPH has programs to help reduce chronic disease and obesity. These programs are offered statewide, but outreach efforts focus on locations with the highest prevalence.

Visit the ADPH website for more information on these programs <http://www.alabamapublichealth.gov/>



**The National Diabetes Prevention Program (DPP) Lifestyle Change Program** is a structured, evidence-based, year-long program to prevent or delay onset of type 2 diabetes in adults with prediabetes or at risk of developing type 2 diabetes. The program is founded on research which shows that making realistic behavior changes help people with prediabetes lose weight and greatly reduce their risk of developing type 2 diabetes.



**Diabetes Self-Management Education and Support (DSMES)** is the ongoing process of facilitating the knowledge, skills, and ability necessary for diabetes self-care, as well as activities that assist a person in implementing and sustaining the behaviors needed to manage his or her condition on an ongoing basis, beyond or outside of formal self-management training.



**Scale Back Alabama (SBA)** is a free, statewide weight-loss program for adults who live and work in Alabama. Each year, starting in January, teams of two strive to lose 10 pounds each to be entered into a drawing for cash prizes. Through weekly health tips, online resources, and social media, SBA creates public awareness of health issues caused by obesity and empowers Alabamians to implement healthier lifestyles by eating less and moving more. Visit [www.scalebackalabama.com](http://www.scalebackalabama.com) for more information.



**Women, Infants and Children (WIC)** is a supplemental nutrition program for pregnant women, breastfeeding women, women who had a baby within the last six months, infants, and children under the age of five. One must meet income requirements and have a nutritional risk that proper nutrition could help to improve.



**The Well Woman Program** is for women ages 15-55. The program offers free support groups, cardiovascular disease risk factor screenings, physical activity programs, and nutrition classes. The program is available in Montgomery, Macon, Butler, Dallas, Wilcox, and Russell County Health Departments. For more information, please visit the facebook website: [facebook.com/wellwomanalabama](https://facebook.com/wellwomanalabama).



**The Supplemental Nutrition Assistance Program (SNAP) Education Program** provide nutrition classes and resources for individuals and families receiving food assistance or are eligible for food assistance. Activities take place in schools with greater than 50% of students receiving free or reduced meals. Other sites for SNAP education take place in senior centers, food pantries, local health departments, and housing communities. Additional activities influence policy, system, and environmental changes such as improving school wellness policies and increasing access to healthy food and beverages.