

You May Have Prediabetes or Be at Risk if You...

- Are 45 years of age or older.
- Are overweight.
- Have a family history of type 2 diabetes.
- Are physically active fewer than 3 times per week.
- Ever had gestational diabetes (diabetes while pregnant) or gave birth to a baby that weighed more than 9 pounds.



You Can Prevent Type 2 Diabetes

1 out of 3 American adults has prediabetes, and does not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss or moderate activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. Led by the Centers for Disease Control and Prevention (CDC), the National Diabetes Prevention Program (NDPP) lifestyle change intervention can help you make lasting changes to help you prevent or delay the onset of type 2 diabetes.

With the NDPP You Get...

- A CDC-approved curriculum.
- The skills you need to lose weight, be more physically active, and manage stress.
- A trained lifestyle coach to guide and encourage you.
- Support from other participants with the same goals as you.
- 16 weekly sessions.
- 6 monthly follow-up sessions to help you maintain your healthy lifestyle changes— and fun!



Make a Change— Start Today!

If you think you may be at risk for type 2 diabetes:

- Take this brochure to a health care provider.
- Ask to be tested for prediabetes. The health care provider may do a simple blood test.
- Ask the health care provider to fill out a referral form or follow the registration instructions on the back of this brochure.
- If you don't have a health care provider, call us to find out if you qualify for the program.
- Take the "Could You Have Prediabetes?" online quiz at: www.cdc.gov/diabetes/prevention
- If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.

To Participate

If you or your healthcare provider feel you could benefit from a National Diabetes Prevention Program workshop, please follow the instructions below.

Call our toll free help line

Monday - Friday, 8:00am - 5:00pm

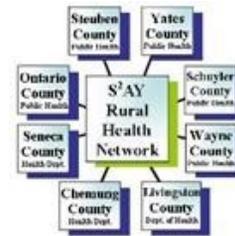
1 (877) 496-2780

Or register online at

ceacw.org/find-a-workshop



Public Health
Prevent. Promote. Protect.



**Cornell University
Cooperative Extension**

National Diabetes Prevention Program



It's Time to Take Charge of Your Health!

