

Join a **Lifestyle Change Class** Offered by the National Diabetes Prevention Program (NDPP)

Reduce Your Risk of Getting Type 2 Diabetes



Lifestyle Change Classes Offer:



A proven diabetes prevention curriculum



Skills needed to lose weight, be more physically active and manage stress



Trained lifestyle coaches to guide and encourage you



Support from others with similar goals



Weekly classes and monthly follow-up sessions to help you maintain a healthy lifestyle

About Prediabetes

- **One in three adults has prediabetes and doesn't know it.** Prediabetes means that your blood glucose (sugar) level is higher than normal, but not yet high enough to be called type 2 diabetes.
- Without action, many people with prediabetes will develop type 2 diabetes. Type 2 diabetes can lead to heart attack, stroke, blindness, kidney failure or loss of toes, feet or legs.
- Losing weight and being physically active can help control prediabetes.
- **You may be more likely to have prediabetes if you have any risk factors, including:**
 - Being overweight
 - Having a family history of type 2 diabetes
 - Not getting regular physical activity
 - Having had diabetes while pregnant (gestational diabetes) or giving birth to a baby that weighed more than nine pounds
 - Being 45 or older

If you have prediabetes, make a change today.

- Read more about the programs available through the NDPP and get involved. Programs and classes are available for adults 18 and older.
- Share this information with your doctor and ask to be tested for prediabetes.
- **Ask your health care provider to refer you to a Lifestyle Change class today.**
- **Classes are free.**

For more information, visit www.cdc.gov/diabetes/prevention