

The Diabetes Prevention Program can help you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and wellbeing. The program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing physical activity in order to reduce their risk for developing diabetes.

Information Session

Monday, July 23

1:30pm-2:30pm

Mill Race Center

16 Weekly Sessions begin

Monday, August 13

1:30pm-2:30pm

Mill Race Center

Program Goals

- ⇒ Reduce body weight by 5%
- ⇒ Increase physical activity to 150 minutes per week



To be eligible for the Diabetes Prevention Program, participants must be:

- 18 years of age or older
- Body Mass Index ≥ 25 (≥ 23 if Asian)

Also, at least one of the following requirements must be met:

- ◇ A1c must be 5.7%-6.4% within past 12 months
- ◇ Fasting glucose level must be 100-125 mg/dl within past 12 months
- ◇ Previous clinical diagnosis of Gestational Diabetes Mellitus (GDM)
- ◇ Score a 9 or higher on the CDC pre-diabetes screening test
www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf

