

[Link name] Diabetes Prevention Program



What Is Prediabetes?

Prediabetes is a blood glucose (sugar) level that is higher than normal but not high enough to be diagnosed as diabetes. 1 in 3 US adults has prediabetes, and most do not even know they have it. If you have prediabetes, you could develop type 2 diabetes within 5 years.

What Is Type 2 Diabetes?

Type 2 is the most common form of diabetes. When you have type 2 diabetes, your body cannot use its own insulin as well as it should. This causes sugar to build up in your blood. This 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.

Are You at Risk for Prediabetes and Type 2 Diabetes?

You are at an increased risk for developing prediabetes and type 2 diabetes 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; or
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed for than 9 pounds.

Can You Prevent Type 2 Diabetes?

Yes! If you have prediabetes or recognize you are at risk for type 2 diabetes, it is time to take charge of your health. Making simple lifestyle changes can prevent or delay type 2 diabetes. **Prevo Wellness can help for FREE!**

Diabetes Prevention Program- Offered at Prevo Wellness

During this 12-month, CDC-recognized diabetes prevention program, you will:

- Potentially reduce your risk for developing type 2 diabetes
- Receive support from your instructor; a trained lifestyle coach
- Connect with others working on similar goals as you
- Develop strategies for healthy eating and physical activity
- Learn ways to manage stress

The Diabetes Prevention Program research study showed that making modest behavior changes helped participants lose 5-7% of their body weight. That is 10-14 pounds for a person weighing over 200 pounds. These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people with prediabetes.

To learn more about prediabetes, go to: www.diabetesfreenc.com

Find out if you are at risk: <https://www.cdc.gov/prediabetes/takethetest/>

If you need help determining your eligibility or for more information, please contact us at:

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Email: admin@prevodrug.com