

NATIONAL DIABETES PREVENTION PROGRAM

WANT TO PREVENT DIABETES?

WANT TO MAKE A CHANGE FOR LIFE?

**WANT TO LEARN SKILLS TO
LOSE WEIGHT, GET MORE PHYSICAL
ACTIVITY, AND MANAGE STRESS?**



You may have prediabetes or be at risk of developing type 2 diabetes if you:

ARE OVER 45 YEARS OF AGE

ARE OVERWEIGHT

GET LITTLE OR NO PHYSICAL ACTIVITY

HAVE SOMEONE IN YOUR FAMILY THAT HAS TYPE 2 DIABETES

HAD DIABETES WHILE PREGNANT

Prediabetes occurs when your blood sugar levels are higher than normal but not high enough for a diagnosis of diabetes. By being more active and making healthy food choices, you can prevent or delay type 2 diabetes.

The National Diabetes Prevention Program can help you reach your goals and help cut your risk of type 2 diabetes by more than half. People with prediabetes meet as a group and get one-on-one support to make important changes. The 16-week program includes six monthly follow-up sessions.

Visit www.preventdiabetesnh.org to find a National Diabetes Prevention Program in your area.

Call your insurance plan to see if it covers the program. Payment plans and scholarships are available.

