

# Helps Prevent Type 2 Diabetes



Prediabetes affects an estimated **84 million Americans**, but only 1 in 10 know they have it. Without weight loss or routine moderate physical activity, many of them will develop type 2 diabetes, putting them at risk for kidney failure; blindness; heart attack; stroke; or loss of toes, feet, or legs.

## Prediabetes may lead to diabetes, but it doesn't have to.

YOU MAY ALREADY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:



Are 45 years or older



Are overweight



Have a parent, brother, or sister with type 2 diabetes



Are physically active fewer than 3 times per week



Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby who weighed more than 9 pounds

African Americans, Hispanic/Latino Americans, American Indians, Alaska Natives, and some Pacific Islanders and Asian Americans are at higher risk.

## Joining the can improve your overall health by helping you lose weight, eat better, and be more active.

You'll get:



A program proven to cut your risk of type 2 diabetes in half



A curriculum approved by the Centers for Disease Control and Prevention (CDC)



A trained lifestyle coach



A full year of support with weekly 1-hour sessions for up to 6 months and then monthly sessions for the rest of the year



Support from others like you as you learn new skills for healthy living

## IF YOU THINK YOU HAVE PREDIABETES:



Ask your health care provider to test you for prediabetes. Your health care provider may order a simple blood test.



You can also check out the "Could You Have Prediabetes?" online test at [www.cdc.gov/prediabetes/takethetest/](http://www.cdc.gov/prediabetes/takethetest/). If your score shows you are at high risk for prediabetes, talk to your health care provider.

Don't let your benefits go to waste!