

DIABETES PREVENTION

Lifestyle Change Program

Today, we talked about your risk of getting type 2 diabetes and what you can do to reduce that risk.

Explore this topic more at home.

Go to [cdc.gov/diabetes/prevention/lifestyle-program/participating.html](https://www.cdc.gov/diabetes/prevention/lifestyle-program/participating.html)

to learn more. You may want to review this information with a friend or family member who is helping you on this journey.

- Prediabetes and Type 2 Diabetes**
- Risk Factors for Type 2 Diabetes**
- Program to Reduce Risk**
- Why Join: Program Benefits**
- What You Can Expect**
- Program Costs**
- Are You Eligible?**
- Find a Program**

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