

# PREVENT DIABETES

NATIONAL DIABETES PREVENTION PROGRAM: A PROVEN LIFESTYLE CHANGE PROGRAM



Are you eligible for the program? Please check at least two of the following criteria:

- ☐ 18 years of age or older (required)
- ☐ BMI  $\geq 24$  kg/m<sup>2</sup> ( $\geq 22$  if Asian)
- ☐ Diagnosis of pre-diabetes or Gestational Diabetes Mellitus based on one or more of the following:  
fasting blood glucose (range 100-125 mg/dl); 2 hour glucose (range 140-199 mg/dl); hemoglobin A1c (range 5.7-6.4); and/or previous Gestational Diabetes Mellitus (may be self-reported)

## IN THIS CLASS YOU WILL LEARN HOW TO:



EAT HEALTHY



BE ACTIVE



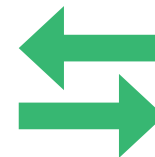
SELF-MONITOR



PROBLEM  
SOLVE



MANAGE  
STRESS



CHANGE  
YOUR LIFESTYLE



STAY  
MOTIVATED



BE POSITIVE

### Who:

People who have been  
diagnosed with pre-diabetes or  
are at risk for diabetes

### When:

Thursdays at 12 PM

Classes begin May 18, 2017  
and last 12 months

Weekly: May-September

Bi-weekly: October-November

Monthly: November- May 2018

### Where:

Public Health Clinic South  
2433 Regency Road

For more information contact  
Tara Mason, Health Educator, at  
859-288-2347.

