

1 out of 3 American adults has prediabetes.

If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.



The National Diabetes Prevention Program is a CDC-led initiative shown to reduce your risk for type 2 diabetes. Our lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With the University of Arizona Diabetes Prevention Program, you get:

- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first few months, then once or twice a month for the remainder of the year
- Support from others like you as you learn new skills

Find out if you are at risk, and contact us for help!



Eat Healthy



Get Moving



Manage Stress

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR 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
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

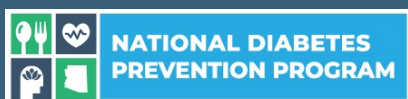
What does the program look like?

There are 26 lessons over the course of a year, meeting weekly at first, then every other week, then once a month.



1. Introduction to the program
2. Get active to prevent T2
3. Track your activity
4. Eat well to prevent T2
5. Track your food
6. Get more active
7. Burn more calories than you take in
8. Shop and cook to prevent T2
9. Manage stress
10. Find time for fitness
11. Cope with triggers
12. Keep your heart healthy
13. Take charge of your thoughts
14. Get support
15. Eat well away from home
16. Stay motivated to prevent T2
17. When weight loss stalls
18. Take a fitness break
19. Stay active to prevent T2
20. Stay active away from home
21. More about T2
22. More about carbs
23. Have healthy food you enjoy
24. Get enough sleep
25. Get back on track
26. Prevent T2 for life

Visit us at www.preventdiabetesaz.org



THE UNIVERSITY OF ARIZONA
Cooperative Extension