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## FREE Diabetes Prevention – Lifestyle Change Program

Eighty-six million Americans now have prediabetes—that's 1 out of 3 adults!

Without intervention, 15% to 30% of people with prediabetes will develop type 2 diabetes within 5 years.

If you are pre-diabetic or are at risk of developing type 2 diabetes, you are eligible to participate in our Center for Disease Control (CDC) nationally recognized Diabetes Prevention Program - at no cost to you.

CDC evidence shows that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

The Diabetes Prevention Program is a lifestyle change program with a focus on weight loss. The program utilizes CDC-approved curriculum with lessons, handouts, and other resources to help participants make healthy changes.

The classes are taught by a lifestyle coach, specially trained to lead the program, to help participants learn new skills by encouraging setting and meeting goals and keeping the class motivated. The coach will also facilitate discussions and help make the program fun and engaging.

The classes also provide a support group of people with similar goals and challenges. Together, you can share ideas, celebrate successes, and work to overcome obstacles.

The program consists of 16 weekly one hour classes; followed by 6 monthly one hour sessions.

To qualify, participants must meet the following criteria:

1. Must be at least 18 years old, **AND**
2. Must have a BMI  $\geq 24$ ; or  $\geq 22$  if Asian, **AND**
3. No prior diagnosis of Type 1 or Type 2 diabetes, **AND** one of the following (4-6):
4. Score 9 or higher on the Pre-Diabetes Risk Quiz, **OR**
5. Meet **ONE** of these three blood test results within the past year:
  - Hemoglobin A1C: 5.7% to 6.4% **OR**
  - Fasting plasma glucose: 100 - 125 mg/dL **OR**
  - Two-hour plasma glucose (after a 75 gm glucose load): 140 - 199 mg/dL **OR**
6. Previously diagnosed with gestational diabetes

If you or someone you know could benefit from this program, call 228-860-7530 for more information.