**Content** **for** **Fact Sheet**

*The fact sheet provides information about prediabetes and risk factors for type 2 diabetes, along with an overview of the National Diabetes Prevention Program lifestyle change intervention. We suggest having printed copies available for individuals to take home and read at their leisure or share with others including their health care providers. Replace yellow highlighted text with information specific to your program.*

**The [Organization/Program Name] Reduces Your Risk of Type 2 Diabetes**

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The [Organization/Program Name] can help!

**[Organization/Program Name]** is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes and includes:

* Trained lifestyle coach
* CDC-approved curriculum
* Group support
* 16 weekly meetings
* 6 monthly follow-up meetings

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes by more than half.

**Prediabetes Can Lead to Type 2 Diabetes**

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the [Organization/Program Name] will help you prevent or delay type 2 diabetes.

**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

**How the [Organization/Program Name] works**

As part of a group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

[Organization/Program Name] groups meet once a week for 16 weeks, then once a month for 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have prediabetes you can celebrate each other’s successes and work together to overcome obstacles.

**[Organization/Program Name] in [Community]**

[Organization/Program Name] is offered in our community at:

[Insert local program details such as locations, schedules, cost, and enrollment information. Make sure that contact information (phone number and/or URL) is clearly visible.]

Some insurance plans will cover the cost for the [Organization/Program Name]. Check with your insurance provider to see if it is covered. [If your program offers scholarships or other ways to reduce cost, include that information here.]

**If You Think You May Be at Risk for Prediabetes and Type 2 Diabetes:**

* Take this fact sheet to a health care provider and ask to be tested for prediabetes. The health care provider may do a simple blood test.
* If you don’t have a health care provider, call us to find out if you qualify for the program.
* You can also check out the “Could You Have Prediabetes?” online quiz at [www.cdc.gov/Diabetes/Prevention](http://www.cdc.gov/Diabetes/Prevention). If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.

**What participants are saying…** [Insert actual testimonials from your local area as your program grows]

“I’ve tried so many things before, but without the program I would never have done this on my own. I had done every single thing out there that I could think of.”

Debbie

“I’m so excited because I went to the doctor last week and all of my numbers were down and I officially no longer have prediabetes.”

Vivien

**Call or visit us on the web today!**

**[Organization/Program Name] [Program Phone Number] [Program URL**