

# NATIONAL DIABETES PREVENTION PROGRAM

Created by the Centers for Disease Control and Prevention (CDC);

endorsed by Indian Health Services (IHS)



Did you know that 1 in 3 adults in the U.S. have **prediabetes** and nearly 90% don't know it?

## What is prediabetes?

This means that your blood sugar level is higher than normal, but not high enough to be diagnosed with diabetes.

Those who have prediabetes combined with poor weight management and/or minimal physical activity are at high risk to develop type 2 diabetes within 5 years.

**It's time to take charge of your own health. Prevent developing Type 2 diabetes with the National Diabetes Prevention Program offered by the Washoe Tribal Health Center.**

This program provides a series of classes led by trained life coaches that help you to develop healthy eating habits, increase physical activity, and aims to keep you motivated to make healthy lifestyle changes. For life!

**Participation in this program will help you:**

- Learn how to successfully lose weight, be more physically active, and eat a healthy diet
- Connect with a lifestyle team of coaches to support, guide and encourage you
- Gain support from other members that have similar goals

In order to be admitted to this program, either (1) you've already met the criteria for pre diabetes, or (2) results of the At Risk test show that you're at risk for pre diabetes.

**NOTE: IF YOU ALREADY HAVE DIABETES, THIS IS NOT THE COURSE FOR YOU; YOU WILL BE REFERRED TO ANOTHER COURSE.**

**THE SERIES IS ABOUT TO BEGIN! THE SERIES BEGINS ON APRIL 4, 2019**

For more information and/or to register contact Lauren Kester Registered Dietitian and Diabetes Educator with the Washoe Tribal Health Center Phone: 775-265-8622.

Let's work together for a healthier you!

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