

Join the Diabetes Prevention Program TODAY!

The Diabetes Prevention Program (DPP) lifestyle change program is part of the nationally recognized curriculum led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

PROGRAM HIGHLIGHTS

- “ One Year Course Commitment
- “ Group Classes Led by a Certified Lifestyle Coach
- “ Topics include: Healthy Eating, Being More Active, and Stress Management
- “ Private Weekly Weigh-Ins
- “ Covered by Most Insurance Plans at No Cost to You

MAKE A CHANGE START TODAY!

If you think you may be at risk for prediabetes and type 2 diabetes, take this brochure to a health care provider.

- ♦ Ask to be tested for prediabetes. The health care provider may do a simple blood test.
- ♦ Take the “Could You Have Prediabetes?” online quiz at: www.cdc.gov/PreventT2. If your score shows you are at high risk for prediabetes, talk to your health care provider.

For more information, please contact:

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Cow Creek Health & Wellness Center Diabetes Prevention Program

YOU HAVE THE POWER TO
PREVENT DIABETES!



PREVENT T2 

WITH THIS PROGRAM YOU GET:

- ◆ The skills you need to lose weight, be more physically active, and manage stress
- ◆ A trained lifestyle coach to guide and encourage you
- ◆ Support from other participants with the same goals as you
- ◆ A year-long program with weekly meetings for the first 4 months, then once or twice a month for the second 6 months
- ◆ Access to a Nationally Recognized Curriculum

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 or moderate physical activity, many people with prediabetes can develop type 2 diabetes within five years.

YOU MAY BE AT RISK FOR PREDIABETES 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)



1 OUT OF **3** U.S. ADULTS
HAS **PREDIABETES,**
ONLY **11% KNOW**
THEY HAVE IT.