

# So, you have Prediabetes... Now what?

Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This condition raises your risk of type 2 diabetes, stroke, and heart disease.

## What can I do about it?

The Florida Department of Health in Flagler County, in conjunction with the Centers for Disease Control and Prevention (CDC), uses a method proven to prevent or delay type 2 diabetes.

In addition to teaching you new skills like making better food choices and increasing physical activity, the program will help you achieve a weight loss of at least 5 percent -- that is 10 pounds for a person weighing 200 pounds.

## How does the program work?

As part of a group, you will work with a trained diabetes prevention coach to learn the skills you need to make lasting lifestyle changes. You will learn to eat healthy, add physical activity to your schedule, manage stress, stay motivated and solve problems that can interfere with healthy changes.

The program lasts one year, with 16 sessions taking place about once a week and 6 to 8 more sessions meeting once a month. By going through the program with others, you can celebrate individual successes and work together to achieve team goals.



## Why should I act now?

Without weight loss and moderate physical activity, many people with prediabetes will develop into type 2 diabetes within 5 years. Since type 2 diabetes can lead to serious health issues like heart attack, stroke, blindness, kidney failure, and amputations, NOW is the time to take charge of your health and make a change!

### **Program Features:**

- **A trained coach to guide & encourage you**
- **A CDC-approved program**
- **Group support**
- **Skills to help you lose weight, increase physical activity and manage stress**

This program is offered free of charge through the Florida Department of Health in Flagler County in Bunnell Florida. Locations and times vary according to group.

## Sign up today!

Contact our Diabetes Prevention Program for more information program by calling:

**386-313-7264**



**Diabetes Education Program**

**206 Dr. Carter Blvd.**

**Bunnell, FL 32110**

