

GETTING THE RIGHT SUPPORT FROM A CDC-RECOGNIZED DIABETES PREVENTION PROGRAM

A healthy lifestyle reduces your risk of developing serious health problems, like type 2 diabetes.

50% of Hispanic adults in the United States are more likely to develop type 2 diabetes—10% higher rate than average.

HOW THE DPP LIFESTYLE CHANGE PROGRAM CAN HELP YOU



SHOWS YOU HOW TO EAT HEALTHY



CONNECTS YOU TO A LIFESTYLE COACH

A **Lifestyle Coach** is a personal guide who:

- Believes in you
- Provides information
- Answers questions
- Shares solutions
- Offers support



HELPS YOU ADD PHYSICAL ACTIVITY TO YOUR DAILY LIFE



PROVIDES GROUP SUPPORT

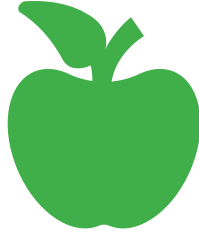
Group Support helps you:

- Learn from others
- Share ideas
- Gain motivation
- Make new friends
- Have fun!

If you are concerned you are at risk for prediabetes, talk with your healthcare provider to get screened and ask to be referred to a CDC-recognized Diabetes Prevention Program (DPP) in your area. This program can help **you** and **your** family make healthy lifestyle changes. To learn more and find a CDC-recognized organizations delivering the lifestyle change program near you visit: www.cdc.gov/diabetes/prevention

SUPPORT DURING YOUR JOURNEY!

Talk to family and friends to get them involved in your journey to stay healthy.



Ways others can help you eat healthy:

- Share ideas for recipes
- Show you how to cook healthier foods
- Remind you to eat smaller portions
- Help clear the table as soon as the meal is over
- Offer you delicious, yet healthy, options to eat
- Other (write your own):



Ways others can help you be more active:

- Be an exercise companion
- Help you plan exercise activities
- Encourage you to stay on schedule
- Plan social events around being active
- Celebrate with you when you reach your goals
- Other (write your own):



Take some time to think about who else can support you and join you in this lifestyle change.

Who?	How can they support me now?	How can they support me in the future?
Lifestyle Coach		
DPP group members		
Family		
Friends		
Co-workers		

CONGRATULATIONS ON CHOOSING A HEALTHIER YOU!

