THE FACTS

Diabetes is COMMON and INCREASING

- In Hillsborough County, a little over 1 in 10 adults have been diagnosed with diabetes.
- It is estimated that an additional 35% of adults age 20 and older have pre-diabetes and are more likely to eventually develop type 2 diabetes.

Diabetes is SERIOUS

- Diabetes is the leading cause of heart disease, stroke, kidney disease, limb amputation, and new-onset blindness.
- Diabetes is the 5th leading cause of death by disease in Florida.

Diabetes is PREVENTABLE

- Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease.

Diabetes prevention is possible, powerful, and proven.

If you are at risk register today.

Florida HEALTH
Hillsborough County

Community Health
Post Office Box 5135
Tampa, Florida 33675
Phone: 813.307.8071
www.hillscounty.floridahealth.gov

Preventing Diabetes—Good for YOU, Good for Your Family!
Reduce your diabetes risk and gain tools for healthy living

If you are at high risk of developing type 2 diabetes, the Diabetes Prevention Program can help you adopt and maintain a healthy lifestyle to reduce your chances of developing diabetes. This evidence-based program can assist the person with pre-diabetes to prevent or delay the onset of type 2 diabetes.

CAN I PARTICIPATE?

To qualify for the program, you must be at least 18 years old, overweight (BMI greater than 25), and:

- at high risk for developing type 2 diabetes
- or have been diagnosed with pre-diabetes by a healthcare provider.

Note: Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.

AM I AT RISK?

Please check each box that is true:

- My blood pressure is 140/90 or higher, or I have been told I have high blood pressure
- My cholesterol levels are high
- I am NOT physically active more than two times a week
- I have or had a parent or sibling with diabetes
- I have been told I have pre-diabetes
- I had gestational diabetes
- I gave birth to a baby weighing more than 9 pounds
- I am 45 years of age or older
- I am a member of one of the following ethnic groups
  - American Indian or Alaska Native
  - Asian
  - Native Hawaiian / Pacific Islander
  - Black or African American
  - Hispanic/Latino of any race

If you checked three or more boxes above, then you could be at risk for pre-diabetes or diabetes, and may qualify for the program. This does NOT mean you have diabetes. You will need a blood test to confirm if you have diabetes.