

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.



Community Health

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Preventing Diabetes—
*Good for YOU,
Good for Your Family!*

FLORIDA DEPARTMENT OF HEALTH - HILLSBOROUGH COUNTY'S DIABETES PREVENTION PROGRAM

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.

ABOUT THE PROGRAM

This **FREE** Diabetes Prevention Program is a one year program. Throughout the program a trained Lifestyle Coach will give participants the help and support they need to **make and sustain lifestyle changes to prevent type 2 diabetes.**

Program topics include strategies for:

- Healthy eating
- Being active
- Dealing with day-to-day situations
- And more

Plus, participants receive tools to help them monitor activity patterns and eating habits to assist them in achieving success.

12 MONTH SCHEDULE & COMMITMENT:

MONTH 1-4

Daily tracking, weekly sessions, weigh-ins, and encouraging phone calls

MONTH 5-12

Monthly maintenance sessions and weigh-ins

PROGRAM GOALS

- ➔ Reduce body weight by **7%***
- ➔ Increase physical activity to **150 minutes per week**

*for a person weighing 200 pounds, their goal would be to lose 14 pounds.

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

- 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.