

The Facts

The rates of diabetes is increasing.

In Hillsborough County, more than 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 develop type 2 diabetes.

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.



BLOOD SUGAR LEVELS

Without **weight loss and moderate physical activity**, 15-30% of people with prediabetes will develop type 2 diabetes within 5 years.



**Florida Department of Health
in Hillsborough County**

P.O. Box 5135
Tampa, FL 33675

813-307-8009
Hillsborough.FloridaHealth.gov

You Can Prevent Type 2 Diabetes— We Can Help!

*The Florida Department of Health
in Hillsborough County offers a
FREE Diabetes Prevention Program
to help keep you healthy.*



Reduce your risk for diabetes and support healthy living.

The Diabetes Prevention Program is an evidence-based program that can assist you to prevent or delay the onset of type 2 diabetes.



About the Program

This Diabetes Prevention Program consists of 26 sessions. 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:

- Healthy eating.
- Being active.
- Dealing with day-to-day situations.
- Behavior change to lose weight.

Participants will receive tools to help them monitor activity patterns and eating habits to assist them in achieving success.

Eligibility

To qualify for the program, you must be:

- At least **18 years of age**.
- **Overweight** (BMI greater than 25).
- At **high risk** for developing type 2 diabetes.

OR

- Have been **diagnosed with pre-diabetes** by a health care provider.

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

Am I at risk for diabetes?

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, 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.

PROGRAM GOALS

- **Reduce body weight by 5%.**
For a person weighing 200 pounds, their goal would be to lose 10 pounds.
- **Increase physical activity to 150 minutes per week.**

Contact the Florida Department of Health in Hillsborough County to enroll in the Diabetes Prevention Program:

813-307-8009