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

HELPS YOU ADD PHYSICAL ACTIVITY TO YOUR DAILY LIFE

PROVIDES GROUP SUPPORT

A Lifestyle Coach is a personal guide who:
• Believes in you
• Provides information
• Answers questions
• Shares solutions
• Offers 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

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**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.

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<tr>
<th>Who?</th>
<th>How can they support me now?</th>
<th>How can they support me in the future?</th>
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<tbody>
<tr>
<td>Lifestyle Coach</td>
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<td>DPP group members</td>
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**CONGRATULATIONS ON CHOOSING A HEALTHIER YOU!**

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