What you can do to prevent type 2 diabetes

Enroll in the National Diabetes Prevention Program

The National Diabetes Prevention Program is a public-private initiative to offer a proven, cost effective program in communities across the United States to prevent type 2 diabetes. To find a program near you visit the CDC National Registry at https://nccd.cdc.gov/DDT_DPRP/Registry.aspx

Long-Haul Truck Drivers:
Put the Brakes on Diabetes

1 in 3 long-haul truck drivers are at risk for prediabetes

Prediabetes increases the risk for developing type 2 diabetes

Truck drivers have a 50% greater risk of developing type 2 diabetes than the national average. *

*CDC

Why avoid type 2 diabetes
Type 2 diabetes places you at higher risk for

- Vision problems
- Stroke
- Heart attack
- Kidney disease

You might be at risk for prediabetes if you are:

- Overweight
- Age 45+
- Have a family history of Type 2 Diabetes
- Physically inactive
- Smoking

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How you can take action on the road
The American Association of Diabetes Educators and Healthy Trucking Association of America are now offering Omada’s virtual lifestyle change program to long-haul drivers.

Participants will receive:

- A professional health coach to keep you on track
- A wireless scale to monitor your progress
- An interactive program that adapts to you
- Weekly online lessons to educate and inspire
- A small group of participants for real-time support

Find out if you’re eligible for this program at www.omadahealth.com/htaa

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