

The National Diabetes Prevention Program (National DPP) Can Help YOU Prevent Diabetes



9 out of 10

People with prediabetes **do not know** they have it

Source: <https://images.app.goo.gl/2Gouc8TReuZJRVKh9>

Who's At Risk for Prediabetes or Type 2 Diabetes

You could have prediabetes or type 2 diabetes and not know it – there often aren't symptoms. That's why it makes sense to know the risk factors:



45+ years old



Physically active less than 3 times/week



Family history of type 2 diabetes



High blood pressure



History of gestational diabetes*



Overweight

*Diabetes during pregnancy. Giving birth to a baby weighing 9+ pounds is also a risk factor.

Source: <https://images.app.goo.gl/5wVNPJ1yqZZmEd2f6>

How can this program prevent me from getting type 2 diabetes?

Changing how you eat and being more active can help. Specially trained health coaches will work with you and teach you how to:

- Eat healthy
- Be more physically active
- Manage stress



How do I sign up or get more info about a program near me?

Call us at **(302) 244-5748** and talk to one of our staff today!



Have a smart phone or computer?

Check out our short video about the National DPP in Delaware:
<https://youtu.be/5rucsy-HHT0>



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