



One in every three adults living in the U.S. has prediabetes and most don't know it—you could be one of them.

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. However, prediabetes means more than just a point on a chart or graph.

It raises your risk of:

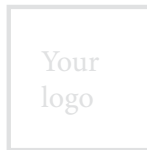
- ✓ Heart disease
- ✓ Stroke
- ✓ Type 2 Diabetes

But it's not too late to do something about it. By making small changes like **eating healthy, being more active, and losing weight**, you can cut your risk of diabetes in half.

You can live with type 2 diabetes – taking pills and injecting needles, but do you really want to?

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The good news is – you don't have to go it alone.

Join the free Diabetes Prevention Program to take meaningful steps to decrease your risk of type 2 diabetes with help from a lifestyle coach and group support.



For more information, please contact:



Chicago CARES to Prevent Diabetes is an initiative of the Chicago Department of Public Health and the Illinois Public Health Institute, funded by a cooperative agreement from the CDC, NCCDPHP, Division of Diabetes Translation.

PREVENT DIABETES

Avoid type 2 diabetes with the free Diabetes Prevention Program



CHICAGO CARES
TO PREVENT DIABETES

Chicago CARES is part of the National Diabetes Prevention Program (DPP), led by the Centers for Disease Control and Prevention (CDC).

ARE YOU AT RISK?

You are at higher risk to have prediabetes and develop diabetes if you:

- ✓ Are 45 years of age or older
- ✓ Are overweight
- ✓ Have a family history of type 2 diabetes
- ✓ Are physically active fewer than 3 times per week
- ✓ Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds
- ✓ Have high blood pressure

African Americans, Latinxs, American Indians, Pacific Islanders and some Asian Americans are at higher risk for type 2 diabetes.



PREDIABETES CAN LEAD TO TYPE 2 DIABETES

Without weight loss or moderate physical activity, many people with prediabetes will develop type 2 diabetes within 5 years.

To find out if you have prediabetes or are at risk for type 2 diabetes visit www.ChicagoCARESDPP.org or contact your healthcare provider.

TAKE MEANINGFUL STEPS TO DECREASE YOUR RISK OF TYPE 2 DIABETES

With help from a trained lifestyle coach and group support. You deserve to live a healthy life without the hassle of needles and pills – for yourself, for your family.

The year-long free DPP provides you with:



A trained lifestyle coach to guide and encourage you



Support from other participants with the same goals as you



Weekly meetings for the first six months and monthly meetings for the second six months



Skills you need to lose weight, be more active, and manage stress

The Diabetes Prevention Program was designed with real people like you in mind. We understand that making a lifestyle change is difficult, even if you are ready to put in the work – **that's why we're here.**

The DPP takes the guess work out of how to make a meaningful lifestyle change, giving you resources to learn how to live a healthy life – for free.

