



AVOID TYPE 2 DIABETES

CHICAGO
CARES 
TO PREVENT DIABETES

With the free Chicago CARES
Diabetes Prevention Program

One in every three adults living in the U.S. has prediabetes, which means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. Most people with prediabetes don't know they have it—**you could be one of them.**

ARE YOU AT RISK?

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

- ✔ Are overweight
- ✔ Are 45 years or older
- ✔ Are physically active fewer than three times per week
- ✔ Have a family history of type 2 diabetes

To find out if you have prediabetes or are at risk for type 2 diabetes visit:
www.ChicagoCARESDDPP.org or contact your health care provider.

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.



HELP REDUCE YOUR RISK OF TYPE 2 DIABETES WITH THE DIABETES PREVENTION PROGRAM

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 trained coach and group support.

Your
logo

For more information, please contact: