

SHARE GRAPHICS - ENGLISH

GRAPHIC #1



CHICAGO CARES TO PREVENT DIABETES

Could you have prediabetes?

One in every three adults living in the United States has prediabetes – and most don't know it. You could be one of them.

Find out if you are at risk. Take the test: chicagocaresdpp.org



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GRAPHIC #2



CHICAGO CARES TO PREVENT DIABETES

What is prediabetes?

Prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. You could be at risk if:

- You are 45+ years old
- You are overweight
- You have family history of type 2 diabetes
- You have high blood pressure

Learn more: chicagocaresdpp.org

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GRAPHIC #3



CHICAGO CARES TO PREVENT DIABETES

What is the Diabetes Prevention Program?

It's a free year-long online program that was designed to help you take meaningful steps to decrease your risk of type 2 diabetes, providing access to:

- A trained lifestyle coach
- Skills you need to lose weight, be more active, and manage stress
- Weekly meetings for the first 6 months and monthly meetings for the second 6 months
- Support from other participants

Find a class near you: chicagocaresdpp.org

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GRAPHIC #4



CHICAGO CARES TO PREVENT DIABETES

Did you know?

Prediabetes raises your risk of:

- Stroke
- Heart Disease
- Type 2 Diabetes

Learn more: chicagocaresdpp.org

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