

“This program is not a weight loss program, it is a lifestyle program. Going on a diet is not the treatment for diabetes or prediabetes, a lifestyle change is the treatment.”

– Program Participant, New York



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Prediabetes: The facts

One in three Washington adults have prediabetes.

Prediabetes means that blood sugar is higher than normal, but not high enough to be type 2 diabetes. If you have prediabetes your risk for getting type 2 diabetes is high.

But you can reduce your chances of getting type 2 diabetes.

The Diabetes Prevention Program can help to reduce your chances of getting type 2 diabetes.

What do I need to know about the program?

It works. The Diabetes Prevention Program is proven to help people lose weight and lower their risk of type 2 diabetes.

You can make a change for life. In the Diabetes Prevention Program you will learn how to change your lifestyle and improve your health. You will meet in a group with a trained lifestyle coach for 16 weekly sessions and six monthly follow up sessions. You will be with other people who are making the same changes that you are.

It's near you. The Diabetes Prevention Program is in your area.



How do I know if this program is for me?

- Are you an adult who is overweight?
- Do you have family members with diabetes?
- Have you had gestational diabetes? (women only)
- Have you ever been told you have high blood sugar, prediabetes, or borderline diabetes?

If you answered yes to any of these you may be at risk for type 2 diabetes.

What do I do now?

Take the form on the back of this brochure to your health care provider and ask them to fill it out for you.