



Take Charge of Your Health!

National Diabetes Prevention Program

Power to Prevent is a FREE multi-session program that empowers individuals to reduce their risk of type 2 diabetes through simple lifestyle changes. You'll receive tools, guidance, and support to improve your health and prevent type 2 diabetes.

To participate, you must meet ALL 4 of these requirements:

- Be 18 years or older.
- Have a body mass index (BMI) of 25 or higher (23 or higher if you're an Asian American person).
- Not be previously diagnosed with type 1 or type 2 diabetes.
- Not be pregnant.

You'll also need to meet ONE of these requirements:

- Had a blood test result in the prediabetes range within the past year
- Be previously diagnosed with gestational diabetes (diabetes during pregnancy).
- Received a high-risk result (score of 5 or higher) on the Prediabetes Risk Test.



- **Educational** workshops
- **Trained coaches** to guide you
- **Supportive** community for motivation
- **Easy-to-adopt** tools to reach your goals

Sign up today!

516-227-9694

nassaucountyny.gov/PreventDiabetes



Take the Prediabetes Risk Test:



YOU have the power to prevent type 2 diabetes. Are you ready to start?



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE