

Subject: A National Diabetes Prevention Program- DPP (Prevent or Delay type 2 diabetes)

Did you know that approximately 88 million American adults 1 in 3 people have prediabetes? 84% of people with prediabetes don't know they have it. Could this be you? Race and ethnicity are also a factor: African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are at higher risk. The New Year signals new beginnings for us all: a new outlook, a new mindset, new goals, and of course for many of us, a new body!

Meritus Community Health is offering a **free** National Diabetes Prevention Program – Prevent T2 (DPP) on Zoom starting **Tuesday, January 11, 2022 @ 7:00 pm**. This is an evening program for adults ages 18 and over. The National DPP is a year-long lifestyle change program and will consist of 25 one hour sessions, organized into 16 weekly sessions that are followed by bi-weekly and then monthly sessions to help you maintain your healthy lifestyle changes. By meeting with others who have prediabetes you can celebrate each other's successes and work together to overcome obstacles.

As part of a National DPP lifestyle change program, you will work with Linda Brooks, a trained lifestyle coach, and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke. If you ignore pre-diabetes, your risk for type 2 diabetes goes up. You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems show up.

That's why it's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight/obesity
- Having a parent, brother, or sister with type 2 diabetes, etc.

Prediabetes is real and its common, but most importantly, it's reversible. You can prevent or delay prediabetes from developing into type 2 diabetes with simple, proven lifestyle changes. Type 2 Diabetes and Pre-diabetes are serious epidemics, let's make the change now! For more information on program qualifications and how to register for the class please contact Ashley Sanders @ 301-790-8675

You do not need to live in Hagerstown MD to participant in the free classes. All are welcome!