You Can Prevent Type 2 Diabetes with the Let’s Prevent Diabetes Program

This program encourages modest lifestyle changes that may cut your risk of Type 2 diabetes by more than half.

You may be at risk for prediabetes if you:
• Are 45 years of age
• Have a BMI of 25+ or overweight/obesity
• Have a family history of Type 2 diabetes
• Had diabetes while pregnant
• Are physically active fewer than three times per week

Use our free “Could You Have Prediabetes?” tool by visiting www.fhcsd.org/prediabetes-screening-test to help determine if you are at high risk.

With the Let’s Prevent Diabetes Program, you get:
• A personal lifestyle coach assigned to you in a small group format
• The skills you need to lose weight, be more physically active and manage stress
• Support from other participants with the same goals as you

For more information on how to join our Let’s Prevent Diabetes Program, please call (619) 515-2526 today!