

DIABETES PREVENTION PROGRAM

Eisenhower Diabetes Education Services



In this Centers for Disease Control (CDC) recognized program for people with prediabetes, participants learn ways to:

- Eat healthy
- Increase physical activity
- Problem solve
- Reduce stress
- Lose at least 5 to 7% of starting weight

REQUIRED Eligibility:

- BMI ≥ 25 (≥ 23 for Asian) and have no previous diagnosis of type 1 or type 2 diabetes
- Have a blood test result in the prediabetes range within the past year:
 - Ask your provider to order a fasting glucose and hemoglobin A1c to see if you qualify.
 - Hemoglobin A1c of 5.7-6.4% or
 - Fasting plasma glucose of 100-125 mg/dl (CDC)
 - Fasting plasma glucose of 110-125 mg/dl (Medicare)
- This program is a 12-month commitment.

Your lifestyle coach and other group members can help you succeed!

For more information, please contact:
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