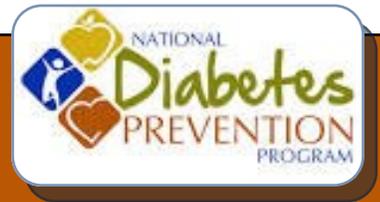


ST LUCIE COUNTY

DIABETES PREVENTION PROGRAM



Live healthier and cut your risk for diabetes

Did you know that getting more exercise and losing a few pounds can drastically cut your risk of getting diabetes?

PROGRAM GOALS

- ➔ Reduce body weight by **7%**
- ➔ Increase physical activity to **150 minutes per week**

Are you at-risk for Type-2 Diabetes?

Are you a woman who had a baby weighing more than 9 pounds at birth? **Yes - 1 point**

Do you have a sister or brother with diabetes?
Yes - 1 point

Do you have a parent with diabetes?
Yes - 1 point

Is your BMI equal to 25 or above?
Yes - 5 points

Are you younger than 65 years of age and get little or no exercise in a typical day?
Yes - 5 points

Are you between 45 and 64 years of age?
Yes - 5 points

Are you 65 years of age or older?
Yes - 9 points

If you score **9 points or higher**, you qualify for this program.

ABOUT THE PROGRAM

This **FREE** Diabetes Prevention Program is a one year program. A trained lifestyle coach will give you the help and support you need to **make the changes that prevent type 2 diabetes.**

Weekly workshop topics include:

- ◆ Healthy Eating
- ◆ Being Active
- ◆ Dealing with Day to Day Situations
- ◆ And More

The CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type 2 diabetes.

**New group starting
Wednesday June 24th
4pm at the Dept. of Health
5150 NW Milner Dr., Port St. Lucie**

**To register for the program call:
(772) 785-6184**

Classes meet in locations around the county. The Diabetes Prevention Program is provided by:

St Lucie County Public School District Employee Wellness Program
Florida Dept. of Health in SLC Managing Your Health Program

12 Month Schedule & Commitment:

MONTHS 1—4: Once a week for 1 hour

MONTHS 5—12: Once a month for 1 hour