

The Annie Jeffrey Real Life Diabetes Prevention Program

Reduces Your Risk of Type 2 Diabetes

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The Annie Jeffrey Real Life Diabetes Prevention Program can help!

Annie Jeffrey features an approach that is proven to prevent or delay type 2 diabetes and includes:

- Trained lifestyle coach
- Group support
- 16 weekly meetings
- 6 monthly follow-up meetings

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes by more than half.

Prediabetes Can Lead to Type 2 Diabetes

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the Annie Jeffrey Real Life Diabetes Prevention Program will help you prevent or delay type 2 diabetes.

You may have prediabetes and be at risk for Type 2 diabetes if you:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant which disappeared after delivering the baby (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

How the Annie Jeffrey Real Life Diabetes Prevention Program works

As part of a group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting lifestyle 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.

The Annie Jeffrey Diabetes Prevention Program group will meet once a week for 16 weeks, then once a month for 6 months 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.

Annie Jeffrey Memorial Health Center in Osceola, NE

Diabetes Prevention Program will be offered in our community on January 17, 2017 from 12-12:45 at Annie Jeffrey Memorial Health Center.

To discuss further details and to find out if you meet the criteria for this program contact Sandra Burwell, RD at (402) 747-2031 or e-mail at sandra.burwell@ajhc.org

If You Think You May Be at Risk for Prediabetes and Type 2 Diabetes:

- Take this fact sheet to a health care provider and ask to be tested for prediabetes. The health care provider may do a simple blood test.
- If you don't have a health care provider, call us to find out if you qualify for the program.
- You can also check out the "Could You Have Prediabetes?" online quiz at www.cdc.gov/Diabetes/Prevention. If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program. The Screening quiz is also attached to this flyer.

What participants are saying

"I've tried so many things before, but without the program I would never have done this on my own. I had done every single thing out there that I could think of."

Debbie

"I love having a lifestyle coach. She has given us great information, helped me stay on track, and stay positive!"

Bruce