

## DID YOU KNOW?

- Almost 26 million Americans have diabetes and 79 million adults have prediabetes.
- People with prediabetes are likely to develop type 2 diabetes within 10 years, unless they take steps to prevent or delay the disease.
- Diabetes is a leading cause of heart disease, stroke, blindness, kidney disease and nerve disease.



## THE GOOD NEWS...

Lifestyle changes such as eating healthier, increasing physical activity and losing a modest amount of weight can prevent or delay development of type 2 diabetes in those at high risk for the disease.

Claxton-Hepburn Medical Center's Diabetes Prevention Program can help you adopt and maintain these healthy habits to reduce your risk and ensure that you can live life to its fullest.

Find out if you are at risk.

Visit [www.cdc.gov/diabetes/prevention/prediabetes.htm](http://www.cdc.gov/diabetes/prevention/prediabetes.htm).

Claxton-Hepburn Medical Center's Diabetes Prevention Program is part of the Center for Disease Control and Prevention-led National Diabetes Prevention Program and is nationally supported by the Diabetes Prevention and Control Alliance.

Claxton-Hepburn has made a commitment to collaborate on efforts to support the national movement to increase awareness and take measures to prevent diabetes and its complications among groups at risk, and to help support treatment outcomes for individuals who have confirmed diagnoses of indications of prediabetes by promoting an effective lifestyle change.



## DIABETES PREVENTION PROGRAM



Change today for a healthier future.

## CONTACT US!

Claxton-Hepburn Medical Center  
**Prevention & Wellness Programs**  
315-713-5095  
214 King Street  
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# THE NATIONAL DIABETES PREVENTION PROGRAM

## REDUCE YOUR RISK FOR DIABETES & GAIN TOOLS FOR HEALTHY LIVING

Claxton-Hepburn Medical Center's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. Research by the National Institute of Health has proven that programs like Claxton-Hepburn's indicate that millions of high-risk people can delay or avoid developing type 2 diabetes by losing weight through regular physical activity and a diet low in fat and calories. Weight loss and physical activity lower the risk of diabetes by improving the body's ability to use insulin and process glucose.



In order to qualify for Claxton-Hepburn's Diabetes Prevention Program, participants must be

- at least 18 years old
- overweight (BMI > 25)
- at high risk for developing type 2 diabetes or have been diagnosed with prediabetes.

The Diabetes Prevention Program provides a supportive environment where participants work together in small groups to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by trained Lifestyle Coaches in a classroom setting, is delivered over 16 weekly, one-hour sessions, followed up by 6 post core monthly sessions. **The workshop and all materials are free of charge.**

### WEEKLY SESSIONS

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

YOU CAN MAKE A  
**CHANGE**  
FOR LIFE



### PROGRAM GOALS

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

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