

Prediabetes? That's a thing?



Prediabetes is a condition where your blood sugar (or glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. Having prediabetes means you are at a higher risk of developing type 2 diabetes.

If you have prediabetes, the National Diabetes Prevention Program is here for you!

The **National Diabetes Prevention Program (NDPP)** is a proven program from the CDC that is offered across Massachusetts at local organizations and health care centers.



NDPP is a one-year group program. It is led by a trained Lifestyle Coach who can help you make healthy changes.



Healthy changes can cut your risk of type 2 diabetes by more than half!*

What will I learn at a National Diabetes Prevention Program?

- Ways to improve your diet – and stick to it!
- How to add more physical activity into your day
- How to manage stress

How do I join a program in my community?

Talk with your health care provider about joining a National Diabetes Prevention Program. Program fees vary by location. To view a list of local programs and learn more, visit mass.gov/dph/preventdiabetes

Healthy changes that lower your weight can help you prevent diabetes or delay it from happening.



Eating a healthy diet that includes fruits, vegetables, whole grains, and lean proteins.



Getting regular physical activity—at least 30 minutes, five days a week.



Quitting tobacco and nicotine, if you use it. It increases your blood pressure and risk for diabetes.



Keeping your blood pressure and cholesterol at normal levels. Talk to your health care provider about the right numbers for you.



Taking medications following your provider's instructions.

* Preventing Type 2 Diabetes
<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes>

