



Madera County Department of Public Health Diabetes Prevention Program



SCAN ME

DO YOU HAVE PRE-DIABETES?

Is your A1C 5.7-6.4? Is your fasting glucose >100?

MCDPH now offers a program for individuals **BEFORE** they develop Diabetes.

Did you know that Type 2 Diabetes can be delayed or prevented through lifestyle interventions?

You can take control and reduce your risk for diabetes. Through the program, you'll take small manageable steps that add up to **lasting lifestyle changes to prevent, delay Type 2 Diabetes**. It's scientifically proven, and it works.

Join one of our programs!

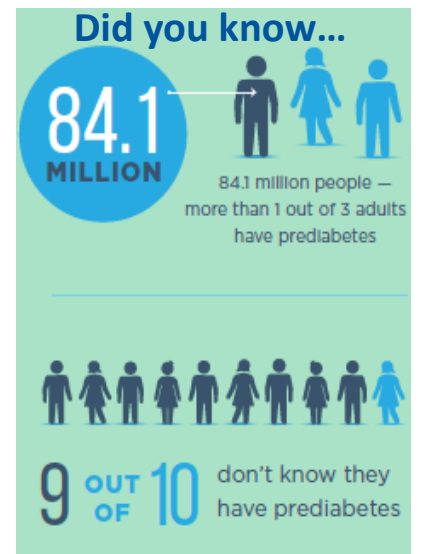
Program start dates: **May 17, 2022**

August 16, 2022

November 16, 2022

Location: **Online Zoom Meeting**

- **The program includes 26 lifestyle lessons.**
 - Meets weekly the first 6 months
 - Meets monthly the last 6 months
- Take advantage and lose 5-7% of your current weight by completing 150 minutes of physical activity each week!



To become eligible for the program you need to:

- Have an A1C of 5.7 to 6.4
- Meet a qualifying score through the CDC pre-diabetes risk assessment
- Have no prior diagnosis of Type 1 or Type 2 Diabetes
- Not be pregnant at the time of enrollment or
- Fasting glucose of 100-125 mg/dl



For more information, contact **Maria Chia** at 559-675-7893 or at maria.chia@maderacounty.com or **Eduardo Herrera** at eduardo.herrera@maderacounty.com