

86 million American adults have
PREDIABETES

Could it be you?



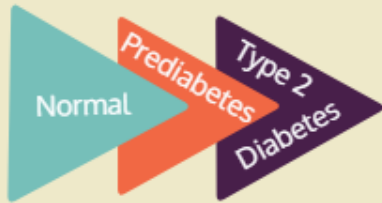
DID YOU KNOW?

1 out of **3**

American adults have prediabetes.

DID YOU KNOW?

9 out of **10** people with prediabetes do not know they have it.



DID YOU KNOW?

Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

DID YOU KNOW?

If you have prediabetes, losing 5-7% of total body weight through



eating healthy



being more active

can cut your risk of getting type 2 diabetes in

HALF

You can make a change for life. The Mercy Diabetes Prevention Program will help you learn ways to change your lifestyle and improve your health. Participants meet in a group with a trained Lifestyle Coach to learn how to make modest lifestyle changes to **lose weight and become more active**. Groups meet weekly for 16 core sessions and monthly for 6 post-core sessions.

You don't have to do this alone. The program will provide you with both a Lifestyle Coach and a group to support you, people who are facing the same challenges and trying to make the same changes as you.



ENROLL IN OUR DIABETES

PREVENTION PROGRAM TODAY free of charge!

Information session **November 1st, 5 pm**

Mercy Medical Center-Centerville Conf. Room A

Call 641-437-3012 for details