The Diabetes Prevention Program helps people lower their chance of developing type 2 diabetes and other serious health problems, like heart disease or stroke.

If you have prediabetes, or are at risk and want to make a healthy lifestyle change, this national program will help you:

- Develop skills to make healthier choices
- Get the long-term support you need to stick with the changes
- Feel better and inspire your friends and family to do the same!

Take the first step!

MaineHealth offers free classes across Maine and parts of New Hampshire.

Visit mainehealth.org/preventdiabetes to find classes near you!
Prediabetes means that your blood sugars are higher than normal. Having prediabetes can lead to type 2 diabetes and other serious health problems.

**Risk factors include:**

- Over 45 years of age
- Family history of type 2 diabetes
- Carrying extra body weight
- Little or no physical activity
- Diagnosed with high blood pressure
- History of gestational diabetes (diabetes when you were pregnant)

If you are at risk, or have been diagnosed with prediabetes, the Diabetes Prevention Program can help you take steps to reverse it. It’s scientifically proven, and it works.

**FIND OUT IF YOU ARE AT RISK**
Take the test at mainehealth.org/diabetes-risk-test

**Want to learn more?**

- Call 207-661-7294 to chat with our team
- prevention@mainehealth.org
- mainehealth.org/preventdiabetes