



**Telligen**<sup>®</sup>  
Health & Well-Being

## YOU CAN PREVENT TYPE 2 DIABETES

The U.S. Centers for Disease Control and Prevention (CDC) estimates that 34.2 million Americans — just over 1 in 10 — have diabetes. Today, another 88 million are living with prediabetes, a health condition that increases a person's risk of developing type 2 diabetes and other health problems.

In 2002, a study funded by the CDC and National Institutes of Health (NIH) examined the effects of weight loss through both diet change and increased physical activity in the prevention and/or delay of the onset of type 2 diabetes. This ground-breaking study showed that millions of high-risk people could indeed delay or avoid developing type 2 diabetes through this lifestyle intervention programming known as a Diabetes Prevention Program (DPP). In fact, participants in the program reduced their risk for developing diabetes by 58 percent!

### WHO IS AT RISK OF PREDIABETES?

The risk factors for prediabetes and type 2 diabetes are similar and include:

- Being overweight
- Being 45 years or older
- Having a family history of type 2 diabetes
- Being physically active less than three times a week
- Having had gestational diabetes/a baby that weighed more than nine pounds

### WHAT IS A DIABETES PREVENTION PROGRAM?

A Diabetes Prevention Program is a one-year program led by a trained lifestyle coach. It focuses on long-term lifestyle changes including healthy eating, stress reduction and increased physical activity. Participants in a Diabetes Prevention Program learn skills necessary to lead a healthy lifestyle, including:



**Eating Healthy Without Cutting Foods They Love**



**Increasing Physical Activity**



**Managing Stress**



**Overcoming Challenges That Come From Forming Habits**



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