

# NATIONAL DIABETES PREVENTION PROGRAM

Carroll County  
Health Department



Public Health  
Prevent. Promote. Protect.

## WORKING TOGETHER TO PREVENT TYPE 2 DIABETES

One out of every three American adults has prediabetes, and most of them don't even know it.

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be type 2 diabetes. It puts you at risk of:

- Type 2 diabetes
- Heart disease
- Stroke

To see if you are at risk, take the test:

<https://doihaveprediabetes.org/prediabetes-risk-test.html>

People with prediabetes can reduce their risk of developing Type 2 diabetes by as much as 58% (71% if over age 60) through the CDC-led National Diabetes Prevention Program, an evidence-based **lifestyle change program**.

The Carroll County Health Department offers this program to county residents free of charge. The program is delivered by trained lifestyle coaches and includes 16 hour-long weekly sessions, followed by 6 monthly sessions over 12 months. It helps people:

- make healthy eating choices
- lose at least 5% of their body weight
- increase physical activity to at least 150 minutes/week
- manage stress

Is your agency interested in providing the NDPP on-site for your employees? The Health Department can assist by:

- providing the program to your employees OR
- assisting your organization to identify staff to be trained as lifestyle coaches to offer this class to your employees

To learn more, visit <http://cchd/maryland.gov/prediabetes/>, or contact Darlene Flaherty, MPH, RD, LDN, at 410-876-4981 or [darlene.flaherty@maryland.gov](mailto:darlene.flaherty@maryland.gov)

