



I Can Prevent Diabetes is a lifestyle change program designed to help people lose weight, be more active, and to prevent the onset of type 2 diabetes. The program provides education and support for people with prediabetes and those who are at high risk for developing prediabetes.

Participants meet for a year - weekly for 16 weeks and once a month for 8 months, to maintain healthy lifestyle changes. Together participants celebrate their successes and find ways to overcome obstacles.

## UPCOMING CLASSES

**WEDNESDAYS STARTING FEBRUARY 17TH, 2021**

11:00 AM - 12:00 PM | ZOOM

TO REGISTER, CONTACT KANKO AT:

EMAIL: [KAKAKPOV@UMN.EDU](mailto:KAKAKPOV@UMN.EDU)

PHONE: 507 - 330 - 2017

## COULD YOU HAVE PREDIABETES?

1 In 3 adults in MN have prediabetes. Only 10% know they do.

### RISK FACTORS



Over age 45



High blood pressure



Overweight



History of gestational diabetes



Family history of diabetes



Sedentary lifestyle



UNIVERSITY OF MINNESOTA EXTENSION

This institution is an equal opportunity provider and employer. For more information about USDA anti-discrimination policy or to inquire about filing a complaint, go to <http://z.umn.edu/u76>.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the MN Food HelpLine at 1-888-711-1151. This resource was funded in part by USDA's Supplemental Nutrition Assistance Program - SNAP - with funds received from and through the Minnesota Department of Human Services. © 2020, Regents of the University of Minnesota. All rights reserved. University of Minnesota Extension is an equal opportunity educator and employer. In accordance with the Americans with Disabilities Act, this material is available in alternative formats upon request. Direct requests to 612-625-0237. Printed on recycled and recyclable paper with at least 10 percent postconsumer waste material. For more information on SNAP-Ed and other Extension Center for Family Development programs, visit <http://z.umn.edu/snapedmn>.