

Are you at risk for developing **DIABETES?**



Did you know?

- * 1 out of every 3 U.S. adults has prediabetes.
- * 9 out of 10 people do not even know they have it.

If you have prediabetes, you can take control and reduce your risk of developing diabetes.

The **FREE** year-long Diabetes Prevention Program (DPP) provides you with:



Trained
Lifestyle
Coach



CDC
Approved
Curriculum



Group Support
During the Course
of a Year

58% OF NEW CASES OF TYPE 2 DIABETES CAN BE PREVENTED THROUGH PROGRAMS LIKE THE **DIABETES PREVENTION PROGRAM**

For every 2.2 pounds of weight loss you reduce your risk of Diabetes by 13%

The Suffolk County Department of Health Services will be conducting a DPP series starting on **Wednesday, September 21, 2022 at 3 PM at the Suffolk County Fire Academy, 103 East Avenue, Yaphank. Preregistration is required.**

To register or for more information, call Debora @ 631-853-2928.

Steven Bellone
Suffolk County Executive

Gregson Pigott, MD, MPH
Commissioner of the Department of Health Services

