

# Bremer County Health Department

## DIABETES PREVENTION PROGRAM

PROGRAM STARTS OCTOBER 17, 2017!

### What is the diabetes prevention program?

-A **FREE** structured 12 month weight-loss program provided by a registered nurse trained to be a lifestyle coach.

-Participants learn how to grocery shop on a budget, make proper nutritional choices while out to eat, track food intake, ways to incorporate exercise into lifestyle both in and outside of gym, and learn ways to cope with stress associated with these lifestyle changes.

-Group setting where everyone is encouraged to participate and provide ideas on how to motivate each other.

### Who is eligible?

-Persons 18 years of age or older AND overweight.

-Women previously diagnosed with gestational diabetes.

-Anyone who's had a blood test indicating pre-diabetes.

\*\*Must be 18 and not already diagnosed with diabetes to participate\*\*

### Goals of Program:

-5-7% weight loss over 12 months

-150 minutes per week of activity

-Overall maintainable lifestyle changes in fitness and nutrition

### When and where are classes?

-Classes are every Tuesday at 5:00 PM for the first 16 sessions starting October 17, 2017

-Classes are held at the Bremer County Health Department located at 403 3rd Street SE Waverly, IA 50677



### Are you prediabetic?

Take our quiz and be entered to win a FitBit and register for the Prevent T2 program.

\*\*Taking this quiz does not require registration for the program\*\*

[CLICK HERE FOR PREDIABETES QUIZ](#)