

Diabetes is preventable!

It's time to Rethink Diabetes



1 in 10 Mainers has diabetes

Diabetes costs Maine families too much!

- Medical bills
- Lost work days
- Missed family events

We can prevent diabetes!

Learn more about the National Diabetes Prevention Program (NDPP) in Maine

www.ReThinkDiabetes.org

Myth:

There is nothing we can do to prevent diabetes.

Fact:

Together, we can prevent diabetes.

NDPP works to prevent diabetes!

It's time to Rethink Diabetes

What is NDPP?

- The **National Diabetes Prevention Program (NDPP)** is a **tested program that works** to prevent diabetes.
- **NDPP is offered by worksites**, hospitals, and health centers in nearly every county in Maine.

How does it work?

- **One year of support** in small groups led by trained Lifestyle Coaches.
- **Lifestyle Coaches** help you learn about healthy foods and being more active.

We can prevent diabetes!

The National Diabetes Prevention Program (NDPP) can help you prevent diabetes

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Together, we can prevent diabetes!

It's time to Rethink Diabetes

What can you do?

- **Talk to your doctor** to see if you have diabetes or pre-diabetes.
- **Attend NDPP classes** and encourage your friends and family to attend.
- **Call your health insurance** company to find out if NDPP is part of your plan.
- **Ask your employer** about the **National Diabetes Prevention Program (NDPP)** in Maine.

We can prevent diabetes!

Do it for your family, your friends, for Maine, but mostly do it for you

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