



# Do you have pre-diabetes?

by Southeast Health Group

The southeast region has a diabetes rate that is nearly twice the state average, and chances are good that residents show signs of the illness long before they are diagnosed. Click on the blue box

to take a short quiz and find out where you stand on pre-diabetes.

“It is so much easier to reverse prediabetes than it is to treat a full-blown case of diabetes,” says Jackie Brown, Integrated Care Director for Southeast Health Group. “Type 2 diabetes is about lifestyle: what you eat, how much you move your body, and how you manage stress. By making a

few simple changes in your daily habits, you can cut your risk in half.”

Over the next few months, Southeast Health Group will be hiring two bachelor-level Lifestyle Coaches to implement the National Diabetes Prevention Program (DPP) throughout southeastern Colorado. Research has shown that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). Follow-up studies 10 years after completing the program have shown that people who completed a diabetes prevention lifestyle change program were one third less likely to develop type 2 diabetes.

The program is taught in a classroom format, using a CDC-approved curriculum with lessons, handouts, and other resources to help you make healthy changes. The lifestyle

coaches are specially trained to lead the program, to help you learn new skills, encourage you to set and meet goals, and keep you motivated. The coach will also facilitate discussions and help make the program fun and engaging.

People who take the class gain the support of people with similar goals and challenges. Together, you can share ideas, celebrate successes, and work to overcome obstacles. It may be easier to make changes when you’re working as a group than doing it on your own.

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**For more information about diabetes education at SHG, contact Anne Russell, Integrated Care Supervisor, at 1-800-511-5446.**