

# NATIONAL DIABETES PREVENTION PROGRAM

If you have prediabetes, getting Type 2 diabetes doesn't have to be a sure thing.

In fact, prediabetes can often be reversed.

**1** in **3** adults have prediabetes. Adults with prediabetes are **5** to **15** times more likely to develop Type 2 diabetes, and are also at higher risk for heart disease and stroke.

## Risk Factors for prediabetes include:

- 45 years of age or older
- overweight
- low amount of physical activity
- family history of Type 2 diabetes
- history of gestational diabetes

*For information on how to participate in the Diabetes Prevention Program at West Chester University, contact:*

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## By participating in a lifestyle change program, such as the Diabetes Prevention Program, you may:

- decrease risk of developing diabetes by 50%
- prevent or delay Type 2 diabetes
- lower risk for heart attack or stroke
- improve overall health
- increase energy levels

