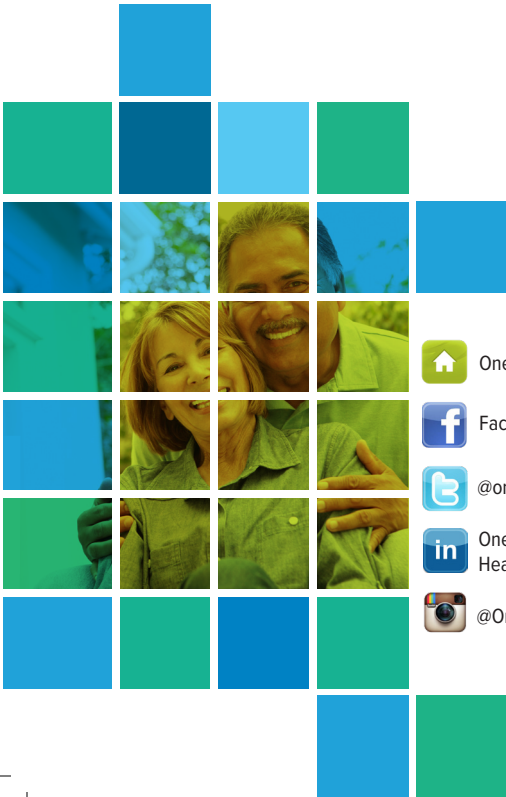




**OneWorld**  
Community Health Centers, Inc.

Quality, Culturally Respectful,  
Affordable Health Care

# OneWorld Diabetes Prevention Program



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# You can prevent type 2 diabetes with OneWorld's program

The Diabetes Prevention Program lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.

You qualify for the program if you are age 19 or older and if you:

- Do not have a previous diagnosis of type 1 or type 2 diabetes
- Received a diagnosis of prediabetes within the past year
- Have a history of diabetes in your family
- Have a HbA1c level of 5.7% to 6.4%
- Have a fasting plasma glucose level of 100-125 mg/dL
- Have a 2-hour plasma glucose level (after a 75 gm glucose load) of 140-199 mg/dL
- Had a previous diagnosis of gestational diabetes (GDM)

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The Diabetes Prevention Program lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

Call OneWorld's Diabetes Prevention Program Coaches for more information:

**(402) 502-8875**



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**SLIDING FEE SCALE    LGBTQIA-friendly**

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