



FAMILY HEALTH CENTERS  
OF SAN DIEGO

## **You Can Prevent Type 2 Diabetes with the Let's Prevent Diabetes Program**

This program encourages modest lifestyle changes that may cut your risk of Type 2 diabetes by more than half.

### **You may be at risk for prediabetes if you:**

- Are 45 years of age
- Have a BMI of 25+ or overweight/obesity
- Have a family history of Type 2 diabetes
- Had diabetes while pregnant
- Are physically active fewer than three times per week

**Use our free “Could You Have Prediabetes?” tool by visiting  
[www.fhcsd.org/prediabetes-screening-test](http://www.fhcsd.org/prediabetes-screening-test)  
to help determine if you are at high risk.**

### **With the Let's Prevent Diabetes Program, you get:**

- A personal lifestyle coach assigned to you in a small group format
- The skills you need to lose weight, be more physically active and manage stress
- Support from other participants with the same goals as you

**For more information on how to join our Let's Prevent  
Diabetes Program, please call (619) 515-2526 today!**