Why Should You Worry About Diabetes?

The bad news: More than 1/3 of American adults have prediabetes but 90% don’t know it. Prediabetes is a health condition that not only puts individuals at an increased risk of developing type 2 diabetes, it also puts them at risk of heart disease, stroke and Alzheimer’s disease. See if you are at risk, take this test: Prediabetes Risk Test.

The good news: You can reduce your chances of getting diabetes by 58% by basic exercise, healthy eating and modest weight loss through The Centers for Disease Control and Prevention (CDC) Diabetes Prevention Program (DPP).

The even better news: There is a UC Diabetes Prevention Program Supported by UC Health and UC Office of the President on 7 out of 10 UC campuses that is free! See: UC Health and UCOP Letter of Support.

How Can Your Campus Participate?

Participating campuses sign a UC DPP Participant Agreement agreeing to the Scope of Work and committing to implementing the lifestyle change program to prevent diabetes and reduce the personal and financial burden on the UC community.

Questions? Contact a UC Campus Today!

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