

# UC **Because It Works** DIABETES PREVENTION PROGRAM

## 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!

### UC Davis

[wellbeing@ucdavis.edu](mailto:wellbeing@ucdavis.edu)

### UC Irvine

[Justw11@uci.edu](mailto:Justw11@uci.edu)

### UC Los Angeles

[dpp@recreation.ucla.edu](mailto:dpp@recreation.ucla.edu)

### UC Riverside

[Julie.chobdee@ucr.edu](mailto:Julie.chobdee@ucr.edu)

[edward.marchall@ucr.edu](mailto:edward.marchall@ucr.edu)

### UC San Diego

[m8hong@ucsd.edu](mailto:m8hong@ucsd.edu)

### UC San Francisco

[dpp@ucsf.edu](mailto:dpp@ucsf.edu)

### UC Santa Barbara

[brenda.lear@recreation.ucsb.edu](mailto:brenda.lear@recreation.ucsb.edu)