

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!

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