

Cut Your Risk of Type 2 Diabetes in Half



Sign up for a lifestyle change program.

If you have prediabetes, joining a lifestyle change program can help you prevent or delay your risk of developing type 2 diabetes. It's where you can get:



Guidance from trained lifestyle coaches.



Support from others like you who want to lead healthier lives.



Help making healthy changes to your diet and activity level without feeling overwhelmed.



Motivation to meet your goals and keep up your inspiring work!



Take a prediabetes quiz, found in the Diabetes Prevention drop-down, and find a lifestyle change program near you:

