

Preventing diabetes

BE PROACTIVE

Having prediabetes means you are at risk for getting type 2 diabetes. Lifestyle changes can reduce your risk by almost half.

Understanding Prediabetes – Webinar

For adult Kaiser Permanente members with prediabetes

Learn about lifestyle changes that can help prevent diabetes.

This group webinar is led by a registered dietitian. It's your opportunity to learn more about what exactly prediabetes is. You'll discuss some lifestyle changes that can help prevent diabetes. Make a difference to your health and find out about resources that can benefit you.

1 session, 1 hour

No fee for Kaiser Permanente members

Materials and resources will be shared with you after you attend the webinar.

To register, sign on at kp.org/appointments.

Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

You also can register by calling 503-286-6816 or 1-866-301-3866, option 1.



Want to know more?

- Go to kp.org/healthengagement/prediabetes.

Preventing Diabetes Program

For Kaiser Permanente members with prediabetes (HbA1c 5.7 - 6.4%) and a BMI (body mass index) of 25 or more

Learn about healthy eating, increasing activity, meal planning, and finding healthy ways to deal with stress.

This program can help you lose weight, improve your HbA1c, and stay active. It is based on the Centers for Disease Control Diabetes Prevention Program. Our program is taught by a registered dietitian in a supportive group setting. Get help to successfully reduce your risk of developing diabetes.

Weekly group sessions for 6 months, 75 minutes each, then monthly sessions with a health coach for 6 months

No fee for Kaiser Permanente members

Note: Offerings are limited.

To register, please call 503-286-6816 or 1-866-301-3866 and select option 2.

Community Diabetes Prevention Programs

For people at high risk of developing type 2 diabetes

Reduce your risk almost by half by following a healthy lifestyle.

In these programs, a trained lifestyle coach will guide discussions about healthier eating, starting physical activity, overcoming stress, staying motivated, and more.

For more information about community programs, please go to:

- ymca.net/diabetes-prevention/
- cdc.gov/diabetes/prevention