

86 MILLION AMERICAN ADULTS HAVE PREDIABETES.

You could be one of them.

What is prediabetes?

Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This condition raises your risk of type 2 diabetes, heart disease and stroke. Nearly 90 percent of adults who have prediabetes don't know they have it!

Risk factors include:

- 45 years of age or older
- Overweight
- Family history of type 2 diabetes
- Physically active fewer than three times per week
- Previous gestational diabetes

Without a healthier lifestyle change, many people with prediabetes will develop type 2 diabetes within 5 years!

Eat Smart- Get Fit

Eat Smart – Get Fit is a National Diabetes Prevention Program recognized by Centers for Disease Control as a proven lifestyle change program. Our staff includes:



Monica Wacker, RN
Registered Nurse
Certified Lifestyle Coach through the National Diabetes Prevention Program



Pat Rice, RD
Registered Dietitian
Certified Lifestyle Coach through the National Diabetes Prevention Program



Helen McSwain, RN
Registered Nurse
Certified Lifestyle Coach through the National Diabetes Prevention Program

Community Hospital's diabetic program is certified by the American Diabetes Association.

Community Hospital Health Foundation financially supports this program.



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A HEALTHY LIFESTYLE PROGRAM TO HELP YOU REDUCE YOUR RISK OF DEVELOPING TYPE 2 DIABETES.

Eat Smart- Get Fit



Eat Smart - Get Fit

A program to help decrease your risk of developing type 2 diabetes!



Why participate in this program?

People with prediabetes are five to fifteen times more likely to develop type 2 diabetes in their lifetime. Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within five years. NOW is the time to take charge and make a change!

Through group sessions, you will work with a trained Certified Lifestyle Coach and other participants to learn how to make lasting healthier lifestyle changes. The sessions focus on:

- Healthy eating
- Weight loss
- Stress reduction and coping skills
- Lifestyle change
- Increased physical activity

This year-long program includes 16 weekly sessions followed by six monthly sessions.

Lifestyle changes can reduce the risk of developing type 2 diabetes by up to 58%!

Who can participate in Eat Smart - Get Fit?

To be eligible, you must be:

- 18 years of age or older
- Have a body mass index (BMI) of >24
- Have documented prediabetes by blood test or have been told by a doctor that you are at risk of developing type 2 diabetes

Although a doctor's referral is not required, we recommend that you talk to your doctor to see if you qualify.

You can also determine your risk by:

- Taking a blood test to measure your blood sugar
- Taking the risk assessment online at: chmccook.org/classes/eat-smart-get-fit-program

What does the Eat Smart – Get Fit program cost?

Please call Monica Wacker at 308-344-8539 for the current price of enrollment. We also recommend that you ask your insurance provider if the National Diabetes Prevention Program is covered in your insurance plan. Scholarships are also available based on income.

Class Dates and Registration

There are three easy ways to learn more about upcoming class dates and registration:

Online: chmccook.org/classes/eat-smart-get-fit

Call: Monica Wacker | 308-344-8539

Email: mwacker@chmccook.org

***You can change your life in one year!
Take the first step today.***

