

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!

“ They have coached me on how to eat and use insulin correctly to get my blood sugars to level out. ”

Eat Smart – Get Fit is a pre-diabetes and diabetes lifestyle change program. Our staff includes:



Pat Rice, RD
Registered Dietitian
Certified Lifestyle Coach



Terrie Unger, MPH BSN RN
Diabetic Educator
Certified Lifestyle Coach

CURRENT SUPPORT GROUP

(for current class to be written down)

Date: _____

Time: _____



**COMMUNITY
HOSPITAL**
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1301 East H Street • P.O. Box 1328
McCook, NE 69001-1328
308.344.2650 • Fax 308.344.8358
www.chmccook.org

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EAT SMART- GET FIT

A healthy lifestyle program to help you reduce your risk of developing Type 2 diabetes and manage your diabetes lifestyle.



EAT SMART-GET FIT

A program to help decrease your risk of developing type 2 diabetes and manage your diabetes lifestyle.

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!

People with diabetes may experience tissue and organ damage if their blood sugar remains high for an extended period. However, managing diabetes through a combination of diet, exercise, and medication can help lower blood sugar levels and reduce the risk of complications.

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 six months of weekly sessions followed by six months of biweekly sessions.

ARE YOU AT RISK?

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

WHO CAN PARTICIPATE IN EAT SMART - GET FIT?

Anyone! The Eat Smart–Get Fit program at Community Hospital is open to all—no prequalification required. Whether you're looking to improve your eating habits, stay active, or simply learn more about healthy living, this program is for you. Join us and take a step toward better health!

WHAT DOES THE EAT SMART – GET FIT PROGRAM COST?

There is no cost to join this program, making it accessible to all individuals who wish to take advantage of its benefits.

“

*Each time I meet with them,
I learn something new.*

”

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

CLASS DATES AND REGISTRATION

It is easy to learn more about upcoming class dates and registration.

Contact Terrie Unger at 308-344-8539 or by email at tunger@chmccook.org.

You can also visit our website at chmccook.org/services/classes/eat-smart-get-fit

You can change your life in one year!

Take the first step today.

