



AN ESTIMATED 1.1 MILLION KENTUCKIANS HAVE PREDIABETES

Do you have or are you at risk for prediabetes?

If you or a loved one are among the estimated 1.1 million Kentuckians with prediabetes, we can make a difference. At the UK Barnstable Brown Diabetes Center, our professional lifestyle coaches take a personalized approach to empowering you to make the lifestyle changes needed to prevent or delay the onset of type 2 diabetes.

What is prediabetes?

Before people develop type 2 diabetes, they almost always have “prediabetes,” which is characterized by elevated blood glucose levels that are not yet high enough to be diagnosed as diabetes. Risk factors include high blood pressure, lack of exercise, obesity, family history, age, gender and ethnicity. Many people with prediabetes will develop diabetes if no action is taken.

Learn your risk, save your life

To learn more about how you can get on the path toward a healthier future, visit dpp.ukbbdc.org or call **859-323-7391** to attend an information session about our National Diabetes Prevention Program.

Know your risk. Take the quiz.

Visit test.ukbbdc.org to take a short, six-question quiz to see if you are at risk for prediabetes. Knowing can save your life.

Join our CDC-recognized National Diabetes Prevention Program series

For more information or to sign up:
859-323-7391 or
DiabetesEducationServices@uky.edu

CREATING A HEALTHIER KENTUCKY

At UK HealthCare, we're leading the way to help all Kentuckians live their healthiest lives.

