

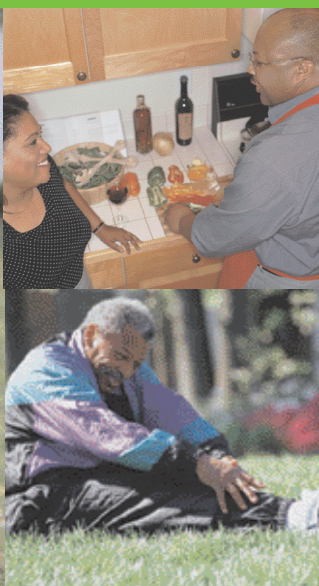
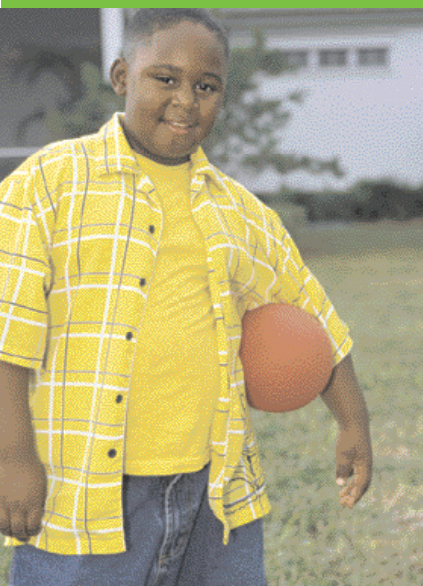
Power to Prevent

A Family Lifestyle Approach to Diabetes Prevention

Facts:

- More than 13% of African Americans over 20 have diabetes. That's almost 1 in 7
- The number of people with diabetes in the United States has more than tripled in one generation (1980 to 2005)
- African Americans are developing type 2 diabetes at younger ages, even as children
- Diabetes is serious, common, costly yet controllable and preventable

www.cdc.gov/diabetes



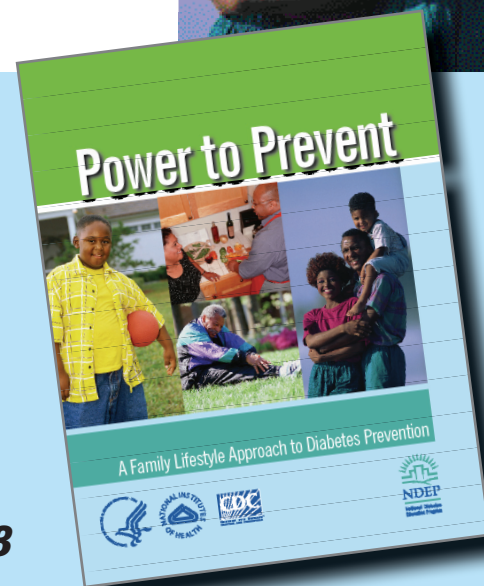
This multigenerational curriculum helps African American families and communities prevent and control diabetes through healthy eating and increased physical activity.



The curriculum contains:

Developed for community-based organizations, faith-based communities, diabetes educators and other program leaders, this curriculum contains:

- Twelve, 60–90 minute interactive modules focusing on physical activity, nutrition and diabetes prevention
- A leader's guide with steps for a successful program
- Evaluation tools to help leaders know if they are making a difference
- Accompanying CD-ROM with free materials that you can use to enhance the program



Scientists estimate that of people born in 2000, 1 of 3 will develop diabetes unless something changes

You can be part of that change! Order your free copy of the Power to Prevent Curriculum by calling our new toll-free number at 1-888-693-NDEP. Shipping and handling fees may apply. Or visit our new website at www.YourDiabetesInfo.org for a free downloadable version.

The U.S. Department of Health and Human Services' National Diabetes Education Program is jointly sponsored by the National Institutes of Health and Centers for Disease Control and Prevention with the support of more than 200 partner organizations.



September 2007