



SOUTHEAST  
DIABETES  
FAITH  
INITIATIVE



## Prediabetes Can Lead to Type 2 Diabetes

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

### **Take Charge of Your Health**

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. The **Southeast Diabetes Faith Initiative (SDFI)** uses the Prevent T2 lifestyle intervention, which is designed to help you make lasting changes to reduce your risk of type 2 diabetes. The lifestyle changes you make with the Southeast Diabetes Faith Initiative will help you prevent or delay type 2 diabetes.

For more information please contact:

#### **SOUTHEAST DIABETES FAITH INITIATIVE**

*a program of The Balm in Gilead*

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Please contact me with information on SDFI:

*Name* \_\_\_\_\_

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