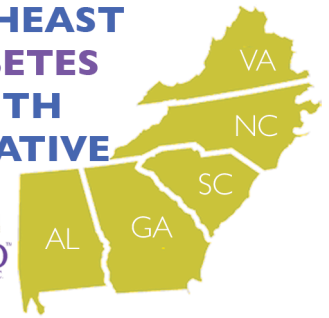




SOUTHEAST  
DIABETES  
FAITH  
INITIATIVE



## 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.

Without weight loss and moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make with the Southeast Diabetes Faith Initiative will help you prevent or delay type 2 diabetes.

## Get The Support You Need

You may have prediabetes and be at risk for Type 2 diabetes if you:

- ▶ Are overweight
- ▶ Have a family history of type 2 diabetes
- ▶ Are physically active fewer than 3 times per week
- ▶ Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

### Make a change – Start today! JOIN US TODAY! YOU ARE IMPORTANT TO US!

To participate you MUST meet the following criteria:

- ▶ 18 years or older
- ▶ BMI  $\geq 25$  kg/m<sup>2</sup> ( $\geq 22$  if Asian)
- ▶ No previous diagnosis of type 2 diabetes

And one of the following screening assessments:

- ▶ A1C: 5.7%–6.4%
- ▶ Fasting plasma glucose: 100–125 mg/dL
- ▶ 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL

**OR**

- ▶ A screening result indicating high risk for type 2 diabetes on the hard copy or electronic version of the American Diabetes Association Type 2 Diabetes Risk Test

<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>

Take the “Could You Have Prediabetes?” online quiz at:  
[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention).

If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program:  
[www.balmingilead.org](http://www.balmingilead.org) or 888-225-6243

## Make lasting change with ease.

The Southeast Diabetes Faith Initiative (SDFI) is a national program of The Balm In Gilead, Inc. The SDFI is a 5-state faith-based project designed to expand access and utilization of the CDC’s National Diabetes Prevention Programs. Hosted by The Balm In Gilead’s local faith partners, the SDFI supports and encourage communities and individuals to live healthier in mind, body and spirit.

Now celebrating three decades of service, The Balm In Gilead, a non-profit organization, builds and strengthens the capacity of faith communities throughout the USA to deliver programs and services that contribute to the elimination of health disparities.

The Balm In Gilead develops educational and training programs specifically designed to establish sustainable, integrated systems of public health and faith principles, which helps to improve health outcomes of individuals living in urban, rural and remote communities.

## 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 change intervention, which is designed to help you make lasting changes to reduce your risk of type 2 diabetes. SDFI is a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

### With SDFI you get:

- ▶ Prevent T2 curriculum, developed by CDC
- ▶ The skills you need to lose weight, be more physically active, and manage stress
- ▶ A trained lifestyle coach to guide and encourage you
- ▶ Support from other participants with the same goals as you
- ▶ 16 weekly sessions
- ▶ 6 monthly follow-up sessions to help you
- ▶ It only costs your commitment to yourself

FOR MORE INFORMATION, TO ENROLL IN THIS FREE PROGRAM, PLEASE CONTACT: [www.balmingilead.org](http://www.balmingilead.org)  
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(984) 222-9086 | [tbattle@balmingilead.org](mailto:tbattle@balmingilead.org)