

# Diabetes CAN be prevented.

## DiabetesFreeNC.com can help.

DiabetesFreeNC.com offers proven lifestyle change programs across the state of North Carolina to prevent or delay type 2 diabetes.

A diabetes prevention program can help those who may have been diagnosed with prediabetes or are at risk for developing type 2 diabetes. All programs offered at DiabetesFreeNC.com are one year long and approved by the Centers for Disease Control and Prevention.

### During the 12-month program participants:

- Work with a trained lifestyle coach
- Receive support from others working on similar goals
- Are empowered to make healthy eating and physical activity choices
- Learn strategies to achieve and maintain a healthy weight
- Identify ways to manage stress
- Implement strategies to stay motivated

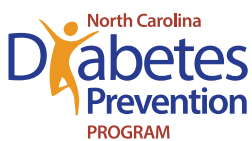
DiabetesFreeNC.com offers both **ONSITE** and **ONLINE** programs.



**ONSITE PROGRAM**



**ONLINE PROGRAM**



The **ONSITE PROGRAM** is offered in selected counties across North Carolina through providers that have been recognized by the Centers for

Disease Control and Prevention (CDC) and are located in your community, oftentimes in YMCAs or local health department facilities. Most classes follow a group format that includes some discussion and physical activity.



The **ONLINE PROGRAM** is delivered using synchronous distance-education technology. This means that the classes are delivered in a real-time, online

format, so the participants see and hear their instructor in a live session and interact with their instructor and other class participants during the session. Participants receive support during each interactive session from the instructor and other participants, and outside of the sessions through individual online or electronic feedback from the instructor.

For more information or to register for an upcoming onsite or online program, go to [DiabetesFreeNC.com](https://DiabetesFreeNC.com)

DiabetesFreeNC.com is a collaboration between NC State University and NC Division of Public Health.

**NC STATE UNIVERSITY**

