

ILLINOIS CARES



TO PREVENT DIABETES

STAKEHOLDER DIGITAL TOOLKIT

INTRODUCTION

ENGLISH

Thank you for your help in our effort to reduce diabetes disparities in Illinois' communities. To meet Illinois CARES to Prevent Diabetes' goals of raising awareness of prediabetes and increasing enrollment in the free online Diabetes Prevention Program (DPP) classes, we have prepared the following communications toolkit.

In addition to downloading and using the materials in this toolkit to support your outreach, we encourage you to visit our website IllinoisCARESDPP.org. You can also follow the social media handles of our sister organization Chicago CARES to Prevent Diabetes on Twitter ([@ChicagoCARESDPP](https://twitter.com/ChicagoCARESDPP)) and Facebook ([@ChicagoCARESDPP](https://www.facebook.com/ChicagoCARESDPP)) where we share information on the DPP program and tips for staying active and healthy.

With your help, we can raise awareness of prediabetes and promote the free online DPP classes to help prevent type 2 diabetes in Illinois' communities.

Sincerely,
The Illinois CARES team

ESPAÑOL

Gracias por su valiosa asociación en nuestro esfuerzo por reducir las disparidades de la diabetes en las comunidades de Illinois. Para cumplir con los objetivos de Illinois CARES to Prevent Diabetes de aumentar el conocimiento sobre la prediabetes y aumentar la inscripción de las clases gratuitas en línea del Programa de Prevención de la Diabetes (DPP), hemos preparado el siguiente conjunto de herramientas de comunicación.

Además de descargar y usar los materiales en este kit de herramientas para apoyar sus esfuerzos de reclutamiento, le recomendamos que visite nuestro sitio web IllinoisCARESDPP.org. También puede seguir las redes sociales de nuestra organización hermana Chicago CARES to Prevent Diabetes en Twitter ([@ChicagoCARESDPP](https://twitter.com/ChicagoCARESDPP)) y Facebook ([@ChicagoCARESDPP](https://www.facebook.com/ChicagoCARESDPP)), donde compartimos información sobre el programa DPP y consejos para mantenerse activo y saludable.

Con su ayuda, podemos aumentar el conocimiento sobre la prediabetes y promover las clases en línea gratuitas de DPP para ayudar a prevenir la diabetes tipo 2 en las comunidades de Illinois.

Sinceramente,
El equipo de Illinois CARES

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FACEBOOK POSTS

Below are draft Facebook posts and tweets you can use on your own social media channels in both English and Spanish. Please feel free to edit these posts as needed to make them feel authentic to your organization and the communities with whom you work. You will also find social media graphics you can post on Facebook or Twitter. You may also link directly to videos and other content on the Illinois CARES website at IllinoisCARESDPP.org.

DRAFT FACEBOOK POSTS – ENGLISH

POST #1

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. But it's not too late to do something about it. By making small changes like eating healthy, being more active, and losing weight, you can cut your risk of diabetes in half.

Visit IllinoisCARESDPP.org for more information and to find a free online Diabetes Prevention Program class.

POST #2

You can live with type 2 diabetes – taking pills and injecting needles – but do you really want to? The Illinois CARES Diabetes Prevention Program (DPP) helps real people like you prevent type 2 diabetes before they're diagnosed. At Illinois CARES DPP we understand that making a lifestyle change is difficult, even if you are ready to put in the work – that's why we're here.

Visit IllinoisCARESDPP.org for more information and to find a free online class.

POST #3

Without making a change, many people with prediabetes will develop type 2 diabetes within five years. We urge you to take advantage of the free online Illinois CARES Diabetes Prevention Program classes to make a health lifestyle change for good – for yourself, for your family.

Visit IllinoisCARESDPP.org for more information and to find a free class.

DRAFT FACEBOOK POSTS – SPANISH

POST #1

Tener prediabetes significa que tu nivel de glucosa en la sangre (azúcar) está más alto de lo normal, pero aún no tan alto para ser diagnosticado como diabetes. Pero no es demasiado tarde para hacer algo al respecto. Haciendo pequeños cambios como comer saludable, ser más activo y perder peso, puedes reducir tu riesgo de la diabetes tipo dos en más de la mitad.

Visita IllinoisCARESDPP.org para obtener más información y encontrar una clase gratuita en línea del programa de prevención de la diabetes.

POST #2

Puedes vivir con la diabetes tipo 2 – tomando pastillas y con agujas, pero ¿realmente quieres? El Programa de Prevención de la Diabetes de Illinois CARES (DPP) fue diseñado con personas como tú en mente. En Illinois CARES DPP entendemos que hacer un cambio en el estilo de vida es difícil, aún si estás listo para hacer un gran esfuerzo – por eso estamos aquí.

Visita IllinoisCARESDPP.org para obtener más información y encontrar una clase gratuita en línea.

POST #3

Sin hacer un cambio, muchas personas con prediabetes desarrollan la diabetes tipo 2 dentro de cinco años. Te urgimos a aprovechar clases del Programa de Prevención de la Diabetes CARES de Illinois disponible gratuito en línea para hacer un estilo de vida saludable para siempre – para ti, para tu familia.

Visita IllinoisCARESDPP.org para obtener más información y encontrar una clase gratuita.

TWITTER POSTS

DRAFT TWEETS – ENGLISH

TWEET #1

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. It's not too late to do something about it. **Visit IllinoisCARESDPP.org to find out how you can cut your risk of diabetes in half.**

TWEET #2

You can live with type 2 diabetes, but do you want to? The free online Diabetes Prevention Program can help prevent type 2 diabetes before you're diagnosed. We understand that making a lifestyle change is difficult – that's why we're here. **Visit IllinoisCARESDPP.org for more information.**

TWEET #3

Without making a change, many people with prediabetes will develop type 2 diabetes within five years. We urge you to take advantage of the free online Diabetes Prevention Program – for yourself, for your family. **Visit IllinoisCARESDPP.org for more information.**

DRAFT TWEETS – SPANISH

TWEET #1

Tener prediabetes significa que tu nivel de glucosa en la sangre (azúcar) está más alto de lo normal, pero aún no tan alto para ser diagnosticado como diabetes. No es muy tarde para hacer algo al respecto. **Visita IllinoisCARESDPP.org para obtener más información y encontrar una clase gratuita.**

TWEET #2

Puedes vivir con la diabetes tipo 2, pero realmente quieres? El Programa de Prevención de Diabetes en línea te puede ayudar. Entendemos que hacer un cambio en el estilo de vida es difícil – por eso estamos aquí. **Visita IllinoisCARESDPP.org para obtener más información.**

TWEET #3

Sin hacer un cambio, muchas personas con prediabetes desarrollan la diabetes tipo 2 dentro de 5 años. Te urgimos a aprovechar este programa gratuito en línea y hacer un cambio de estilo de vida– para ti, para tu familia. **Visita IllinoisCARESDPP.org para obtener más información**

SOCIAL GRAPHICS

1



Could you have prediabetes?

One in every three adults living in the United States has prediabetes – and most don't know it. You could be one of them.



Find out if you are at risk. Take the test: IllinoisCARESDPP.org

2



What is prediabetes?

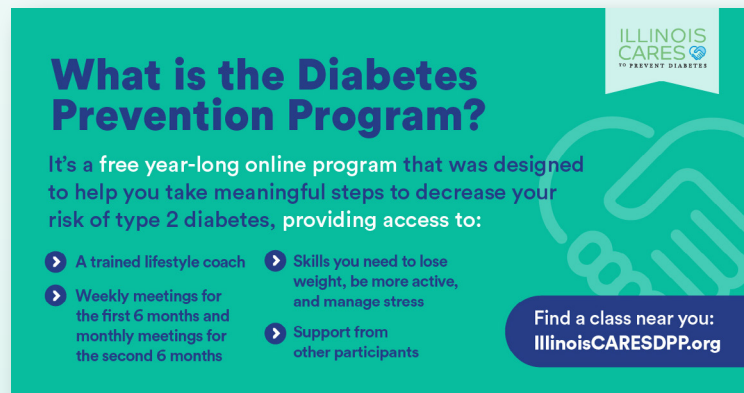
Prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as type 2 diabetes.

YOU COULD BE AT RISK IF:

- You are 45+ years old
- You are overweight
- You have family history of type 2 diabetes
- You have high blood pressure

Learn more at IllinoisCARESDPP.org

3



What is the Diabetes Prevention Program?

It's a free year-long online program that was designed to help you take meaningful steps to decrease your risk of type 2 diabetes, providing access to:

- A trained lifestyle coach
- Skills you need to lose weight, be more active, and manage stress
- Weekly meetings for the first 6 months and monthly meetings for the second 6 months
- Support from other participants

Find a class near you: IllinoisCARESDPP.org

4



Did you know?

Prediabetes raises your risk of:

-  Stroke
-  Heart Disease
-  Type 2 Diabetes

Learn more at IllinoisCARESDPP.org

Social graphics are available in English and Spanish.

Click below to access the English and Spanish social graphics:

[ENGLISH SOCIAL GRAPHICS](#)

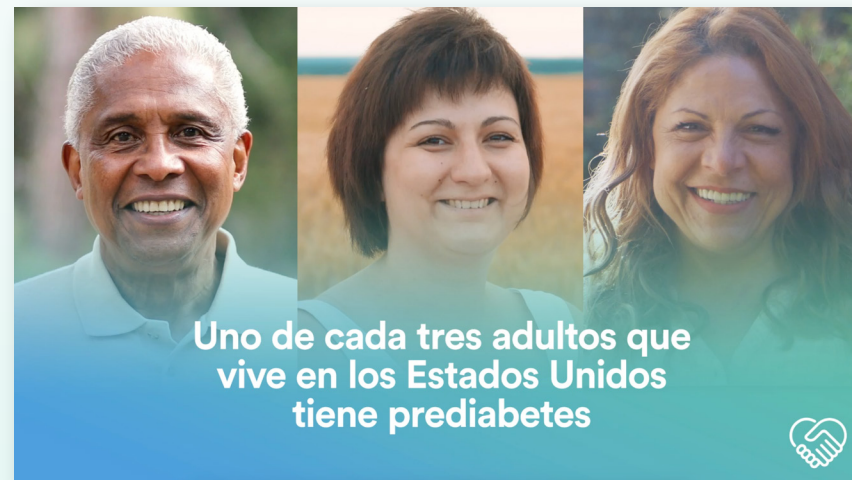
[SPANISH SOCIAL GRAPHICS](#)

VIDEOS

ENGLISH



SPANISH



Click below to access the English and Spanish Videos:

[ENGLISH AND SPANISH VIDEOS](#)

NEWSLETTER COPY

Below is draft copy for an e-newsletter or email update. Please feel free to edit these posts as needed to make them feel authentic to your organization and the communities with whom you work.

DRAFT NEWSLETTER COPY – ENGLISH

Illinois CARES to Prevent Diabetes is dedicated to reducing diabetes disparities in Illinois' communities. One in three adults living in the United States has prediabetes and most don't know it.

What is prediabetes?

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. However, prediabetes means more than just a point on a chart or graph. It raises your risk of type 2 diabetes, heart disease, and stroke. But it's not too late to do something about it. By making small changes like eating healthy, being more active, and losing weight, you can cut your risk of diabetes in half.

What is the Diabetes Prevention Program?

The DPP is a free year-long online program that will give participants access to:

- A trained lifestyle support coach
- Group support from other participants
- Skills needed to lose weight, be more active, and manage stress
- Online meetings you can join from anywhere

For more information on prediabetes and to sign up for the next session of a free online DPP class visit IllinoisCARESDPP.org.

DRAFT NEWSLETTER COPY – SPANISH

Estamos orgullosos de asociarnos con Illinois CARES to Prevent Diabetes para reducir las disparidades de la diabetes en las comunidades de Illinois al aumentar el conocimiento de la prediabetes y ofrecer clases gratuitas del Programa de Prevención de Diabetes (DPP) en línea. Uno de cada tres adultos que vive en los Estados Unidos tiene prediabetes y aún no lo sabe.

¿Qué es la prediabetes?

Tener prediabetes significa que tu nivel de glucosa en la sangre (azúcar) está más alto de lo normal, pero aún no tan alto para ser diagnosticado como diabetes. Sin embargo, la prediabetes significa más que un punto en una tabla o gráfica. La prediabetes aumenta tu riesgo de la diabetes tipo 2, enfermedad del corazón, y derrame cerebral. Pero no es demasiado tarde para hacer algo al respecto. Haciendo pequeños cambios como comer saludable, ser más activo y perder peso, puedes reducir tu riesgo de la diabetes tipo dos en más de la mitad.

¿Qué es el Programa de Prevención de Diabetes?

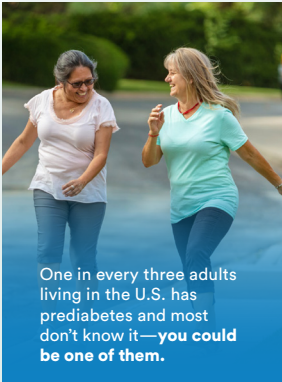
El Programa de Prevención de Diabetes es un programa en línea gratuito de un año que ofrece a sus participantes acceso a:

- Un entrenador de estilo de vida que te guía y te apoya
- Apoyo de otros participantes
- Las habilidades que necesitas para perder peso, ser más activo y manejar el estrés
- Clases en línea que puedes tomar desde cualquier lugar

Para obtener más información sobre la prediabetes y para inscribirse en la próxima sesión gratuita de clases DPP en línea, visita IllinoisCARESDPP.org.

BROCHURE

EXTERIOR



You can live with type 2 diabetes – taking pills and injecting needles, but do you really want to?

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The good news is – you don't have to go it alone.

Join the free online Diabetes Prevention Program to take meaningful steps to decrease your risk of type 2 diabetes with help from a lifestyle coach and group support.

PREVENT DIABETES

Avoid type 2 diabetes with the free online Illinois CARES Diabetes Prevention Program

ILLINOIS CARES
TO PREVENT DIABETES

ILLINOIS CARES is part of the National Diabetes Prevention Program (DPP), led by the Centers for Disease Control and Prevention (CDC).

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. However, prediabetes means more than just a point on a chart or graph. It raises your risk of:

- ✓ Heart disease
- ✓ Stroke
- ✓ Type 2 Diabetes

But it's not too late to do something about it. By making small changes like **eating healthy, being more active, and losing weight**, you can cut your risk of diabetes in half.

ILLINOIS CARES to Prevent Diabetes is an initiative of the Illinois Department of Public Health and Illinois Public Health Institute funded by a cooperative agreement from the CDC, NCCDPHP, Division of Diabetes Translation.

For more information, please contact:

Your logo

INTERIOR

ARE YOU AT RISK?
You are at higher risk to have prediabetes and develop diabetes if you:

- ✓ Are 45 years of age or older
- ✓ 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
- ✓ Have high blood pressure

African Americans, Latinos, American Indians, Pacific Islanders and some Asian Americans are at higher risk for type 2 diabetes.

TAKE MEANINGFUL STEPS TO DECREASE YOUR RISK OF TYPE 2 DIABETES ONLINE

With help from a trained lifestyle coach and group support. You deserve to live a healthy life without the hassle of needles and pills – for yourself, for your family.

The free year-long online DPP provides you with:

-  A trained lifestyle coach to guide and encourage you
-  Support from other participants with the same goals as you
-  Weekly virtual meetings for the first six months and monthly virtual meetings for the second six months
-  Skills you need to lose weight, be more active, and manage stress

The Diabetes Prevention Program was designed with real people like you in mind. We understand that making a lifestyle change is difficult, even if you are ready to put in the work – that's why we're here.

The DPP takes the guess work out of how to make a meaningful lifestyle change, giving you resources to learn how to live a healthy life – for free.

PREDIABETES CAN LEAD TO TYPE 2 DIABETES

Without weight loss or moderate physical activity, many people with prediabetes will develop type 2 diabetes within 5 years.

To find out if you have prediabetes or are at risk for type 2 diabetes visit IllinoisCARESDPP.org or contact your healthcare provider.



Brochures are available in English and Spanish.

Click below to access the English and Spanish brochures:

ENGLISH AND SPANISH BROCHURES

FACT SHEET

ENGLISH



AVOID TYPE 2 DIABETES

With the free Illinois CARES Diabetes Prevention Program

One in every three adults living in the U.S. has prediabetes and most don't know it—you could be one of them.

Having prediabetes means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. However, prediabetes means more than just a point on a chart or graph. It raises your risk of:

- Heart disease
- Stroke
- Type 2 Diabetes

But it's not too late to do something about it. By making small changes like **eating healthy, being more active, and losing weight**, you can cut your risk of diabetes in half.

You can live with type 2 diabetes – taking pills and injecting needles – but do you really want to?

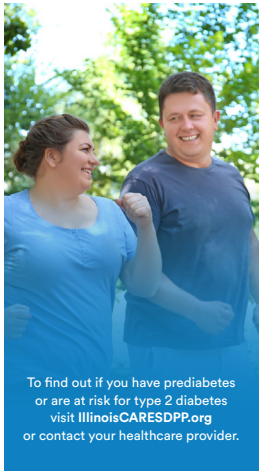
If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. **The good news is – you don't have to go it alone.**

JOIN THE FREE ONLINE DIABETES PREVENTION PROGRAM to take meaningful steps to decrease your risk of type 2 diabetes with help from a trained lifestyle coach and group support - for an entire year!

Your logo

For more information, please contact:

Illinois CARES to Prevent Diabetes is an initiative of the Illinois Department of Public Health and Illinois Public Health Institute funded by a cooperative agreement from the CDC, NCCDPHP, Division of Diabetes Translation.



To find out if you have prediabetes or are at risk for type 2 diabetes visit IllinoisCARESDPP.org or contact your healthcare provider.

SPANISH



PREVÉN LA DIABETES

Con el programa gratuito de prevención de la diabetes de Illinois CARES

Uno de cada tres adultos que vive en los Estados Unidos tiene prediabetes y aún no lo sabe—tú podrías ser uno de ellos.

Tener prediabetes significa que tu nivel de glucosa en la sangre (azúcar) está más alto de lo normal, pero aún no tan alto para ser diagnosticado como diabetes. La prediabetes aumenta tu riesgo de:

- Enfermedades del corazón
- Derrame cerebral
- La diabetes tipo 2

Al hacer cambios pequeños como **comer más saludable, ser más activo y perder peso** puede reducir el riesgo de la diabetes a la mitad.

Puedes vivir con la diabetes tipo 2—tomando pastillas y con agujas, pero realmente quieres?

Si tienes prediabetes o tienes otros factores de riesgo para la diabetes tipo 2, ahora es el tiempo de hacerte cargo de tu salud y hacer un cambio. **La buena noticia es – no tienes que hacerlo solo.**

ÚNETE AL PROGRAMA GRATUITO EN LÍNEA DE PREVENCIÓN DE LA DIABETES para tomar pasos significativos para reducir tu riesgo de la diabetes tipo 2 con la ayuda de un entrenador de estilo de vida y con el apoyo de un grupo – por un año entero!

Your logo

Para más información, favor de contactar:

Illinois CARES para prevenir la diabetes es una iniciativa del "Illinois Department of Public Health" y el "Illinois Public Health Institute," fundado por un acuerdo cooperativo por los "CDC," "NCCDPHP," "Division of Diabetes Translation."



Para averiguar si tienes prediabetes o estás en riesgo de la diabetes tipo 2 visita IllinoisCARESDPP.org o comuníquese con su proveedor de salud.

Click below to access the English and Spanish fact sheets:

ENGLISH AND SPANISH FACT SHEETS

FLYER

ENGLISH

Join a Free Class Online!



CLASSES ARE STARTING SOON

The free Diabetes Prevention Program offers you:

-  A yearlong coach to guide and encourage you
-  Skills and information to lose weight, be more active and manage stress
-  Group support
-  Online meetings



One in every three adults living in the U.S. has prediabetes and most don't know it—you could be one of them.

ARE YOU AT RISK?

You may have prediabetes if you:

- ☒ Are 45 or older
- ☒ Are overweight
- ☒ Have a family history of type 2 diabetes
- ☒ Have had gestational diabetes
- ☒ Are physically active less than 3 times a week

Visit IllinoisCARESDPP.org to take the free prediabetes risk test and learn more about the Diabetes Prevention Program classes.



For more information, please contact:

Illinois CARES to Prevent Diabetes is an initiative of the Illinois Department of Public Health and Illinois Public Health Institute funded by a cooperative agreement from the CDC, NCCDPHP, Division of Diabetes Translation.

SPANISH

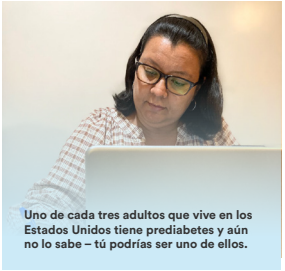
¡Clases Gratuitas en Línea - Inscríbete Ahora!



LAS CLASES COMIENZAN PRONTO

El Programa gratuito de Prevención de la Diabetes te ofrece:

-  Un instructor por un año para apoyarte
-  Las habilidades que necesitas para perder peso, ser más activo, y manejar el estrés
-  Apoyo de tu grupo
-  Clases en línea



Uno de cada tres adultos que vive en los Estados Unidos tiene prediabetes y aún no lo sabe – tú podrías ser uno de ellos.

¿ESTÁS EN RIESGO?

Podrías tener prediabetes si tú:

- ☒ ¿Tienes más de 45 años?
- ☒ ¿Tienes exceso de peso?
- ☒ ¿Tienes historial familiar de la diabetes tipo 2?
- ☒ ¿Estás físicamente activo menos de tres veces por semana?
- ☒ ¿Tuviste diabetes en un embarazo?

Visita IllinoisCARESDPP.org para tomar el cuestionario gratuito de la prediabetes y aprender más sobre las clases del programa de Prevención de la Diabetes.



Para obtener más información, contacte:

Illinois CARES para prevenir la diabetes es una iniciativa del "Illinois Department of Public Health" y el "Illinois Public Health Institute," fundado por un acuerdo cooperativo por los "CDC," "NCCDPH," "Division of Diabetes Translation."

Click below to access the English and Spanish flyers:

ENGLISH AND SPANISH FLYERS

POST CARD

PLEASE NOTE: You may want to speak with your HIPPA compliance officer to determine if your entity approves of mailing the post cards to your patients/potential DPP participants.

FRONT



**AVOID TYPE 2
DIABETES**

**With the free online Illinois CARES
Diabetes Prevention Program**

One in every three adults living in the U.S. has prediabetes, which means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. Most people with prediabetes don't know they have it—you could be one of them.

**ILLINOIS
CARES**
TO PREVENT DIABETES

ARE YOU AT RISK?

You are at higher risk to have prediabetes and develop diabetes if you:

- Are overweight
- Are physically active fewer than three times per week
- Are 45 years or older
- Have a family history of type 2 diabetes

BACK

If you have prediabetes or other risk factors for type 2 diabetes, the good news is – you don't have to go it alone.

Join the free online Illinois CARES Diabetes Prevention Program to take meaningful steps to decrease your risk of type 2 diabetes with help from a trained coach and group support.

For more information, please contact:



www.IllinoisCARESDPP.org

Post card is available in English and Spanish.

Click below to access the English and Spanish post cards:

ENGLISH AND SPANISH POST CARDS

PALM CARD

FRONT



AVOID TYPE 2 DIABETES

ILLINOIS CARES  **With The Free Illinois CARES Diabetes Prevention Program**

One in every three American adults has prediabetes which means your blood glucose (sugar) level is higher than normal, but not yet high enough to be diagnosed as diabetes. Most people with prediabetes don't know they have it—you could be one of them.

ARE YOU AT RISK?

You are at higher risk to have prediabetes and develop diabetes if you:

- ✓ Are overweight
- ✓ Are physically active fewer than three times per week
- ✓ Are 45 years or older
- ✓ Have a family history of type 2 diabetes

To find out if you have prediabetes or are at risk for type 2 diabetes visit: www.IllinoisCARESDPP.org or contact your local health care provider.

BACK

HELP REDUCE YOUR RISK OF TYPE 2 DIABETES WITH THE DIABETES PREVENTION PROGRAM

You can live with type 2 diabetes – taking pills and injecting needles – **but do you really want to?** If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. **The good news is – you don't have to go it alone.**

Join the free Diabetes Prevention Program

to take meaningful steps to decrease your risk of type 2 diabetes with help from a trained coach and group support.

 **For more information, please contact:**

Illinois CARES to Prevent Diabetes is an initiative of the Chicago Department of Public Health and the Illinois Public Health Institute, funded by a cooperative agreement from CDC, NCCDPHP, Division of Diabetes Translation.

Palm card is available in English and Spanish.

Click below to access the English and Spanish palm cards:

[ENGLISH AND SPANISH PALM CARDS](#)

POSTER

ENGLISH



ILLINOIS CARES
TO PREVENT DIABETES

You can avoid type 2 diabetes with the free **Illinois CARES Diabetes Prevention Program**

One in every three adults living in the United States has prediabetes – and most don't know it. You could be one of them.

- Are you 45 years of age or older?
- Have a family history of type 2 diabetes?
- Are you overweight?
- Do you have high blood pressure?

Don't go it alone.

Take meaningful steps to decrease your risk of type 2 diabetes with the free Illinois CARES Diabetes Prevention Program and get help from a trained coach and group support – online!

You deserve to live a healthy life without the hassle of needles and pills – for yourself, for your family.

Find an online class and learn more at:
IllinoisCARESDPP.org

Your logo

Illinois CARES to Prevent Diabetes is an initiative of the Chicago Department of Public Health and the Illinois Public Health Institute, funded by a cooperative agreement from the CDC, NCCDRP, Division of Diabetes Translation.

SPANISH



ILLINOIS CARES
TO PREVENT DIABETES

Puedes prevenir la diabetes tipo 2 con el **Programa gratuito de Prevención de la Diabetes de Illinois CARES**

Uno de cada tres adultos que vive en los Estados Unidos tiene prediabetes – y aún no lo sabe. Tú podrías ser uno de ellos.

- ¿Tienes más de 45 años?
- ¿Tienes historial familiar de la diabetes tipo 2?
- ¿Tienes exceso de peso?
- ¿Tienes la presión alta?

No tienes que hacerlo solo.

Toma pasos significativos para reducir tu riesgo de la diabetes tipo 2 con el Programa gratuito de Prevención de la Diabetes de Illinois CARES y recibe ayuda de un entrenador de estilo de vida y el apoyo de un grupo en línea!

Tú mereces vivir una vida saludable sin la molestia de las agujas y tomar pastillas – para ti, para tu familia.

Encuentra una clase en línea y aprende más en:
IllinoisCARESDPP.org

Your logo

Illinois CARES para prevenir la diabetes es una iniciativa del "Chicago Department of Public Health" y el "Illinois Public Health Institute," fundado por un acuerdo cooperativo por las "CDC," "NCCDRP," "Division of Diabetes Translation."

Click below to access the English and Spanish posters:

[ENGLISH AND SPANISH POSTERS](#)

PRESCRIPTION PAD

ENGLISH



Join the **free online diabetes prevention program** to take meaningful steps to decrease your risk of type 2 diabetes with help from a trained lifestyle coach and group support – for an entire year!

To sign up for a free online class, contact:

Visit IllinoisCARESDPP.org for more information.

SPANISH



Únete al **programa gratuito en línea de prevención de la diabetes** para tomar pasos significativos para reducir tu riesgo de la diabetes tipo 2 con la ayuda de un entrenador de estilo de vida y con el apoyo de un grupo.

Para inscribirte en una clase en línea gratuita contacta:

Visita IllinoisCARESDPP.org para más información.

Click below to access the English and Spanish prescription pads:

ENGLISH AND SPANISH PRESCRIPTION PADS