IN HAWAI’I, 442,000 PEOPLE HAVE PREDIABETES.

DIABETES PREVENTION PROGRAM

NEW GROUPS STARTING IN 2022!

Welcoming HMSA Members! Call or email today

If you have prediabetes, join us to learn how to adapt to a healthier lifestyle. Our Certified Lifestyle Coaches will support you in your journey.

- Over the course of one year, you will attend 25 sessions.
- Topics include: eating healthier, adding physical activity to your life on a time crunch, coping with stress, managing life challenges, and getting back on track.
- To find out if you are eligible to participate, call (808) 589-5906 or email programs@kidneyhi.org.

Research has found you can lower your risk of developing type 2 diabetes by as much as 58% for adults, and 71% if you are 60 years or older through programs such as the Diabetes Prevention Program.