

Get SET and Fight Diabetes

Type 2 diabetes can be prevented or delayed!



The Diabetes Prevention Program (DPP) showed that people at high risk for diabetes can prevent or delay the onset of the disease by losing 5 to 7 % of their weight, if they are overweight-that's 10 to 14 pounds for a 200 pound person. American Indians participated in the DPP, so we know that the positive results apply to American Indians.

If you already have diabetes you can control your blood sugar.

People with diabetes make decisions each day about their self-management. These decisions affect blood sugar levels. By joining Get SET you are making a decision today...you are making a decision to lower your blood sugar levels.

You can lower your blood sugar by:

- Maintaining a healthy meal plan
- Increasing physical activity by 150 minutes per week.

Participants of Get SET agree to:

- Exercise at the Oklahoma City Indian Clinic (OKCIC) Wellness Center for a minimum of 30 minutes per day; at least 3 times per week
- Attend three 60 minute nutrition education classes

- On completion of Get SET program you will receive a Get SET T-shirt

When is the next Get SET class scheduled?

- Our next Get SET and Fight Diabetes class will start in September 2009