

## SMALL STEPS, BIG CHANGES

The **Ready for Health** program helps you reduce your risk of diabetes and other diseases. You'll find support to take steps including:

- Making mindful food choices
- Moving your body more
- Making friends who'll cheer you on

## THE SUPPORT YOU NEED

Change can feel hard. But even **small steps can improve your health.**

Take exercise — moving your body just 30 minutes 5 days each week can help you lose up to 7% of your body weight in a year. When you do that, you reduce your risk of diabetes by 58%.

You also reduce your risk of:

- Heart disease and heart attack
- Kidney disease
- Stroke
- Liver disease
- Blindness

## JOIN US TODAY

Change feels easier when you have support. **Ready for Health** can help.

## ABOUT READY FOR HEALTH

**Ready for Health** is a lifestyle change program that gives you coaching and peer support. It's based in science (evidence-based) and approved by the Rhode Island Department of Health and the Centers for Disease Control and Prevention (CDC).

## HOW READY FOR HEALTH WORKS

Change takes time. You'll attend **22 sessions** over the course of the year to help you make small lifestyle changes that add up to big results. You may also attend special sessions like cooking demonstrations.

At first, you'll **meet once a week**. As your changes become habits, you'll meet **biweekly** and then **monthly**. Your coach and peers are there to support you at every step.

## WHAT WILL I LEARN IN THE PROGRAM?

**Ready for Health** teaches you how to fit healthier choices into your busy life. You'll:

- Learn new skills and habits
- Set goals and get the support you need to reach them
- Build a support system
- Gain tools to manage setbacks (they happen to all of us)

## IS READY FOR HEALTH RIGHT FOR ME?

Talk to your healthcare provider to see if the **Ready for Health** program is right for you.

You may be eligible if you:

- Are 18 or older
- Are at a higher weight than you'd like to be
- Have prediabetes
- Are at high risk for prediabetes, also known as elevated blood sugar (A1c)



## WHAT DO I GET WHEN I JOIN READY FOR HEALTH?

When you join **Ready for Health**, you get help with making healthy changes from a trained lifestyle coach. You also connect with others who are making changes of their own so you can support each other. **Ready for Health** is free for many participants. You can attend:

- In person
- Virtually
- A combination of in person and virtually

**GET HEALTHIER  
FOR YOU.**

**GET HEALTHIER  
FOR THEM.**

Taking steps toward better health is important for you. But it's also important for those you love. Think about it: Changes you make to reduce your diabetes risk can lower the risk of disease for those who live with you too.

Your partner, your children, your grandchildren... maybe even your friends and neighbors — everyone benefits when you get healthier.

**1 IN 3** 

**RHODE ISLAND ADULTS HAS  
PREDIABETES — AND 8 IN 10  
DON'T KNOW THEY HAVE IT.**

Could you be  
at risk for  
prediabetes?  
**Take a risk test.**



## THE SUPPORT YOU NEED. EVERY STEP OF THE WAY.

Your lifestyle coach is there for you. As you go through the program, your coach provides:

- Advice from someone who's been there
- Information to help you be successful
- Motivation to keep going
- Support when change is hard

## READY FOR HEALTH? GET STARTED TODAY.

Contact us to learn more or enroll.

**CALL** 401-432-7217

**EMAIL** [communityhealthnetwork@RIPIN.org](mailto:communityhealthnetwork@RIPIN.org)

**VISIT** [www.ripin.org/CHN](http://www.ripin.org/CHN)

*Assistance with transportation, child care,  
or other supportive services may be available.  
Contact us to learn more.*

**Ready for Health**

a lifestyle change program  
to prevent (or delay) diabetes



Ready for Health is Rhode Island's CDC-recognized National Diabetes Prevention Program (DPP) lifestyle change program. The program is supported by the Innovative State and Local Public Health Strategies to Prevent and Manage Diabetes, Heart Disease, and Stroke 5-year cooperative agreement.

# SMALL STEPS CAN LEAD TO BIG CHANGES



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