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I'm Jack,
and **I prevent type 2 diabetes**
for my family.

Take the step. You won't regret it. I promise you,
you're going to feel much, much better. Your life
will change in a way that you always hoped it
would change.

— Jack Aponte

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NATIONAL
DIABETES
PREVENTION
PROGRAM

#DiabetesMonth



Find out more about CDC's National
Diabetes Prevention Program lifestyle
change program at
[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).



#DiabetesMonth