

“

I'm Olga, and I **prevent type 2 diabetes** in the kitchen.

Cooking is my work of art. Even though I've always liked eating healthy, with CDC's National Diabetes Prevention Program lifestyle change program, I learned to improve my eating habits.

— Olga Aguirre

”





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

[CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)