

“

I'm Elvia,
and **I prevent type 2 diabetes**
to support my community.

You have to put yourself first. We can't
love others if we don't love ourselves. Our
families and friends want to have us around
for a long time.

— Elvia Alcala

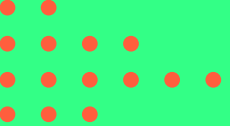
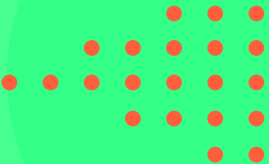
”



NATIONAL
DIABETES
PREVENTION
PROGRAM

#DiabetesMonth

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



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)