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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

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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