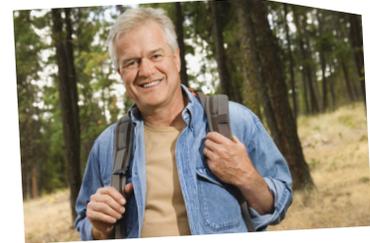


You Can Prevent Type 2 Diabetes

with the

National Diabetes Prevention Program *PreventT2*



The National Diabetes Prevention Program (PreventT2) Reduces Your Risk of Type 2 Diabetes

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change. The PreventT2 Lifestyle Change Program can help!

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes.

By improving food choices and increasing physical activity, you can lose 5 to 7 percent of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes in half.

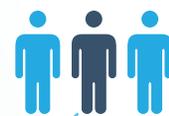
Prediabetes Can Lead to Type 2 Diabetes

One out of three American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetes. This raises your risk of type 2 diabetes, heart disease, and stroke.

Without weight loss or moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

The lifestyle changes you make in the PreventT2 program will help you prevent or delay type 2 diabetes.

Visit www.livingwell.utah.gov to find a class today!



1 out of 3

American adults has prediabetes

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds



A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).



Healthy Living Through Environment Policy and Improved Clinical Care (EPICC)

PROGRAM FEATURES

- ✓ Trained lifestyle coach
- ✓ CDC-approved curriculum
- ✓ Group support
- ✓ 16 weekly meetings
- ✓ 6 monthly follow-up meetings

WHAT PARTICIPANTS ARE SAYING...

"I've tried so many things before, but without the program I would never have done this on my own. I had done every single thing out there that I could think of."

Debbie

"I'm so excited because I went to the doctor last week and all of my numbers were down and I officially no longer have prediabetes."

Vivian

How the Program Works

As part of our group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes.

You will meet once a week for 16 weeks, then once a month for 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have prediabetes you can celebrate each other's successes and work together to overcome obstacles.

National Diabetes Prevention Program (*PreventT2*)

The PreventT2 program is offered in our community at various locations. Visit www.livingwell.utah.gov to find and register for the National Diabetes Prevention Program class near you.

Some insurance plans will cover the cost for PreventT2. Check with your insurance provider to see if the National Diabetes Prevention Program (PreventT2) is covered. Be sure to check the www.livingwell.utah.gov site for scholarship opportunities!

If You Think You May Be at Risk for Prediabetes and Type 2 Diabetes:

- » Take this fact sheet to a health care provider and ask to be tested for prediabetes. The health care provider may do a simple blood test.
- » If you don't have a health care provider, call us to find out if you qualify for the program.
- » You can also check out the "Could You Have Prediabetes?" online quiz at www.cdc.gov/diabetes/prevention/prediabetes-type2 If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.

Call or visit us on the web today!

Utah Department of Health

 1-888-222-2542

 www.livingwell.utah.gov