

# You Can Prevent Type 2 Diabetes

## with the PreventT2 Program



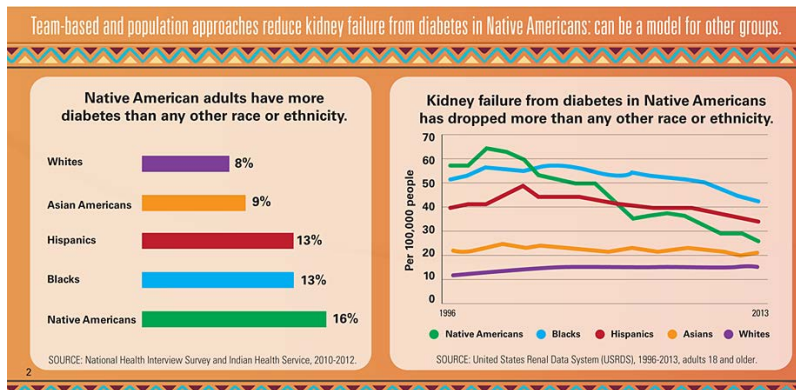
### The PreventT2 Program Reduces Your Risk of Type 2 Diabetes

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



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



x 2.2

2.2 times higher—likelihood of American Indians and Alaska Natives to have diabetes compared with non-Hispanic whites

### 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



Good Health & Wellness in Indian Country



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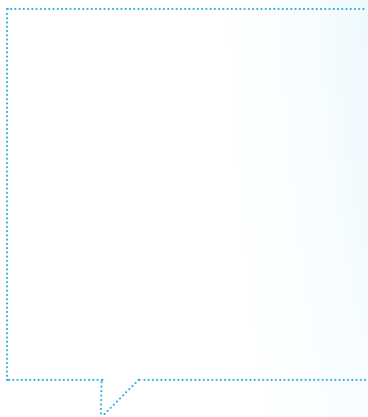
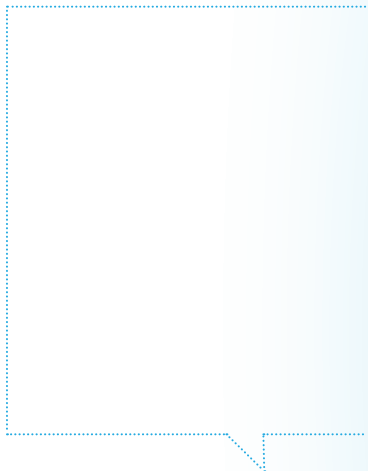
### PreventT2 PROGRAM FEATURES

- ✓ Trained lifestyle coach
- ✓ CDC-approved curriculum
- ✓ Group support
- ✓ A year-long program—weekly for 6 months, then 1-2 times a month

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### WHAT PreventT2 PARTICIPANTS ARE SAYING...



## How the PreventT2 Program Works

As part of a PreventT2 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.

PreventT2 is a year-long program with weekly meetings for the first 6 months, then meetings once or twice a month for the second 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.

The PreventT2 program is offered in our community at:

## 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/PreventT2](http://www.cdc.gov/PreventT2). 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!**

