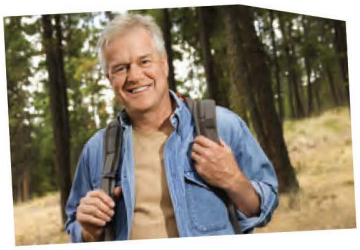
You Can Prevent Type 2 Diabetes

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

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 can develop type 2 diabetes within 5 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.

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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

PREVENTT2
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)

CHRISTIANA CARE HEALTH SYSTEM

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

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.

Prevent T2 at Work:

- New classes are starting at various Christiana Care locations. For more information, call 302-623-3439.

This program is free as a benefit option for Christiana Care employees.

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

- Review your HRA/biometric results to see if you are at risk based on your answers.
- Take this fact sheet to your 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 complete the "Could You Have Prediabetes?" online quiz at **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 us today!

Christiana Care's Nutrition Services

302-623-3439

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