

# You Can Prevent Type 2 Diabetes with the **PreventT2 Program**

*Now Available at Penn Highlands Healthcare*

**FUNDED BY PENN HIGHLANDS HEALTHCARE, HEALTH PROMOTION COUNCIL**

## **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, or CDC. It features an approach that is proven to prevent or delay type 2 diabetes.

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 five years.

By improving food choices and increasing physical activity, you can lose 5-7 percent of your body weight — that is 10-14 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.

## **The PreventT2 lifestyle change program can help you lose weight, become more physically active and reduce stress.**

With PreventT2, you get:

- A proven program to prevent or delay type 2 diabetes;
- A CDC-approved curriculum and trained lifestyle coach;
- A year-long program with weekly meetings for the first six months, then once or twice a month for the second six months;
- And support from others like you as you learn new skills.



*One out of three American adults has prediabetes. If you have prediabetes, you can make changes now to improve your health and prevent type 2 diabetes.*

### **INCLUSION CRITERIA:**

Most recent BMI > 25 (>23 if Asian)\* and  
A positive lab test result within previous 12 months:  
A1c 5.6-6.4% or Fasting Plasma Glucose 100-125 mg/dL or History of Gestational Diabetes or Oral Glucose Tolerance Test- 140-199mg/dL.

***New programs beginning this month.***

**TO REGISTER, CALL 814-375-3890.**

**Jeril Goss, RD, LDN, CDE**

**Penn Highlands DuBois**

**Diabetes and Nutrition Wellness Center**



[www.phhealthcare.org](http://www.phhealthcare.org)