

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

What is PreventT2?

PreventT2 is a CDC-recognized, lifestyle change program designed to help people who are pre-diabetic cut their risk in half for developing type 2 diabetes. This program is also referred to as the **National Diabetes Prevention Program (NDPP)**.

Participant qualifications:

- People with elevated blood sugar or “borderline diabetes”
- People who had gestational diabetes
- People with a family history of diabetes and are overweight
- People with A1C between: 5.7%-6.4%
- People with a fasting plasma glucose between: 100-125 mg/dL
- People who might be at risk via the **CDC Prediabetes Screening Test**

The main goals of this program are for participants to:

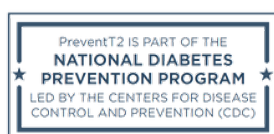
- Lose 5-7% of their starting body weight
- Work up to 150 minutes of physical activity per week
- Learn how to eat healthy by tracking daily caloric and fat intake
- Cut their risk for developing type 2 diabetes in half

How is the program set up?

- Participants will meet once per week for 16 sessions and then 1-2 times per month for 8 sessions over the course of one year
- Sessions last 1 hour
- Sessions are taught by **CDC-trained Lifestyle Coaches**

Why does this matter?

- Pre-diabetes is 100% reversible
- 9 out of 10 people with pre-diabetes don't know they have it
- If left untreated, 30% of people with pre-diabetes can develop type 2 diabetes within 5 years
- Complications from type 2 diabetes include: blindness, kidney failure, heart disease, stroke and lower extremities



For more information, please contact:
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