

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). This proven program can help you make **modest lifestyle changes** and cut your risk of type 2 diabetes by more than half.

No employee shall refuse, withhold or deny service to any person because of race, sex, age, color, national origin, ancestry, creed, religion or belief, marital status, genetic testing, sexual orientation, gender identity and expression, or physical and/or mental disability.

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Space is limited– Call today!

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Frederick, MD 21702

Preventive Health Program
(301) 600-1733 (Phone)
(301) 682-5107 (Fax)
800-735-2258 (TTY)

health.frederickcountymd.gov/PreventT2



PreventT2 is in your community!

Join us at orientation:

Language interpretation available upon request.

Interpretación del idioma disponible bajo petición.

FCHE 3/2/20

You Can Prevent Type 2 Diabetes with the PreventT2 Program



PREVENTT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



Public Health
Prevent. Promote. Protect.

Frederick County Health Department

➔ PREVENT TYPE 2 DIABETES WITH THE PreventT2 Pro-

If you have prediabetes or other risk factors for type 2 diabetes, **it's time to take charge of your health**. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.



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 trained lifestyle coach to guide and encourage you
 - The skills you need to lose weight, be more physically active, and manage stress
 - A **year-long program that meets weekly for about 4 months, then once or twice a month thereafter.**
 - Support from other participants with the same goals as you—and fun!
-



➔ MAKE A CHANGE— START TO-



1 out of 3 American adults has prediabetes. If you have prediabetes, **you can make changes now** to improve your health and prevent type 2 diabetes.

» Take the “Do I Have Prediabetes?” online quiz at:

www.DoIHavePrediabetes.org.

If your score shows you are at high risk for prediabetes, contact our program!

Join the PreventT2 program— so you can keep doing the things you love!