

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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health.frederickcountymd.gov/PreventT2



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 PROGRAM

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!**
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➔ MAKE A CHANGE— START TODAY!



If you have prediabetes, you likely qualify. **You can make changes now** to improve your health and prevent type 2 diabetes.

You may also qualify if you are at high risk for prediabetes.

Take the [“Do I Have Prediabetes?”](#) online quiz to get your score.

If your score is high for prediabetes, contact our program!

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