

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.

This publication was supported by Grant B01OT009105 from the Centers for Disease Control and Prevention through the Maryland Department of Health and Mental Hygiene's Center for Chronic Disease Prevention and Control. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Department of Health and Human Services, or the Maryland Department of Health and Mental Hygiene.

**Space is limited– Call today!**

**Frederick County Health Department  
350 Montevue Lane  
Frederick, MD 21702**

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

[health.frederickcountymd.gov/PreventT2](http://health.frederickcountymd.gov/PreventT2)



**PreventT2 is in your community!**

**Join us at orientation:**

**Language interpretation and bus vouchers are available.**

***Interpretación de idiomas y bonos de autobus están disponibles.***

# 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 with weekly meetings for the first 6 months, then once or twice a month for the second 6 months.**
  - Support from other participants with the same goals as you—and fun!
- 



## ➔ MAKE A CHANGE— START TODAY!



---

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](http://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!**