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.

You Can Prevent Type 2 Diabetes with the PreventT2 Program

PreventT2 Program

Participation in the PreventT2 lifestyle change program, offered by the UVA Population Health department, is based on the following eligibility criteria:

✓ 18 years or older BMI ≥25 kg/m² (≥23 if Asian)
✓ No previous diagnosis of Type 1 or Type 2 diabetes
✓ Not Pregnant
✓ Diagnosis of prediabetes within the past year or GDM-Gestational diabetes based on (check one or more):
  □ HbA1C: 5.7%–6.4%
  □ Fasting plasma glucose: 100–125 mg/dL
  □ 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
  □ Previous diagnosis of Gestational Diabetes (may be self-reported)

For more information
Contact UVA Population Health today!

Population Health PT2 Coordinator:
434-297-7191 or email:
populationhealth@virginia.edu
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.

WITH THE PreventT2 PROGRAM YOU GET:

- A CDC-approved curriculum
- The skills you need to lose weight, increase physical activity, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants with the same goals as you — and who have fun together
- A year-long program with weekly meetings for the first 6 months, then meet once or twice a month for the second 6 months
- Zero cost to you as a program participant

PreventT2 IS IN YOUR COMMUNITY

Registered Participants

Meet online for one hour on

Tuesdays at: 2:00 p.m. or 3:00 p.m.

There are other offerings in the community. Your PCP can assist you to find additional programs.

PT2, through the Population Health department, is provided at no cost to you, a savings of $500.00.

PREDIABETES CAN LEAD TO TYPE 2 DIABETES

One out of three American adults has prediabetes, and most of them do not know it. 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 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

The lifestyle changes you make in the PreventT2 program will help you prevent or delay Type 2 diabetes.

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR TYPE 2 DIABETES IF YOU:

- Are 45 years of age or older
- Are overweight
- Have a family history of Type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

MAKE A CHANGE — START TODAY!

If you think you may be at risk for prediabetes and Type 2 diabetes:

» Take this brochure to your health care provider, and ask to be tested for prediabetes. The health care provider may do a simple blood test.

» Take the “Could You Have Prediabetes?” online quiz at: www.cdc.gov/PreventT2. If your score shows you are at high risk for prediabetes, talk to your health care provider or contact our program.

Call or email us today!

email: populationhealth@virginia.edu

434-297-7191

UVA Health