

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

Prevent T2 is a CDC recognized program by the National Diabetes Prevention Program (NDPP) to help individuals delay or lower their risk of developing Type 2 Diabetes.

What do I get when I sign up for this program?

- Support and guidance from a trained Lifestyle Coach
- Access to a 1-Year (12 months) program
- Support from other participants

**CHANCE
TO CUT
YOUR
RISK IN
HALF!**

How do I know if I qualify?

- Your doctor can help you find out if you have prediabetes or are at risk for type 2 diabetes
- You can take a free risk-test at www.doihaveprediabetes.org

**SUPPORT
TO LOSE
5-7%
BODY
WEIGHT**

You may have prediabetes or at risk for type 2 diabetes if:

- You are 45 years or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active less than 3 days a week
- You ever had diabetes while pregnant (gestational diabetes)

**150
MINUTES
OF
ACTIVITY A
WEEK**

New cohorts start throughout the year!

FOR MORE INFORMATION, PLEASE CONTACT:

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