Prevent T2
A proven program to prevent or delay Type 2 diabetes.

Are you at risk for Type 2 diabetes?

What is Type 2 diabetes?
Type 2 diabetes is the most common form of diabetes. It is a chronic disease affecting the pancreas. The pancreas doesn't produce enough insulin, resulting in abnormal levels of blood sugar.

What is Prediabetes?
Prediabetes is a condition characterized by slightly elevated blood glucose levels, regarded as indicative that a person is at risk of progressing to Type 2 diabetes.

What is the Prevent T2 Lifestyle Change Program?
Prevent T2 is a part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to help people with prediabetes prevent or delay development of Type 2 diabetes.

What is the format of the Prevent T2 Program?
Prevent T2 groups meet for one year - weekly for the first six months, then once or twice a month for the second six months to maintain healthy lifestyle changes.

On average, diabetes costs $327 BILLION per year in the U.S.

2 out of 5 Americans are expected to develop Type 2 diabetes.

You will learn to:
- Eat healthy
- Add physical activity to your life
- Stay on track when eating out
- Manage stress

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30.3 MILLION
Americans have diabetes and 1 in 4 don't know it.

1 IN 3
people have prediabetes.