

Diabetes Prevention Lifestyle Change Program - Starting January 2020

Created by the Center for Disease Control & Prevention (CDC)

Program Goals

Prevent T2 helps participants achieve moderate weight loss by eating well and being active.

By the end of the first six months, that goal is for participants to:

- Lose at least 5% – 7% of their starting weight
- Get at least 150 minutes of physical activity each week, at a moderate pace

By the end of the second six months, the goal is for participants to:

- Keep off the weight they have lost
- Keep working towards their goal weight, if they haven't reached it
- Lose more weight if they wish
- Keep getting at least 150 minutes of activity each week

Program Focus

The Prevent T2 Lifestyle Change Program is a yearlong program designed for people with prediabetes. It is also designed for people who are at high risk for Type 2 (T2) Diabetes and want to lower their risk.

Program Structure

The program is created to last a full year. It is to be scheduled as follows:

- Once a week for 4 months
- Every other week for 2 months
- Once a month for 6 months

Curriculum

There are 26 modules we cover throughout the program:

First 6 months:

1. Introduction to the Program
2. Get Active to Prevent T2
3. Track Your Activity
4. Eat Well to Prevent T2
5. Track Your Food
6. Get More Active
7. Burn More Calories Than You Take In
8. Shop and Cook to Prevent T2
9. Manage Stress
10. Find Time for Fitness
11. Cope with Triggers
12. Keep Your Heart Healthy
13. Take Charge of Your Thoughts
14. Get Support
15. Eat Well Away From Home
16. Stay Motivated to Prevent T2

Last 6 months:

1. When Weight Loss Stalls
2. Take a Fitness Break
3. Stay Active to Prevent T2
4. Stay Active Away From Home
5. Stay Active Away From Home
6. Stay Active Away From Home
7. Have Healthy Food You Enjoy
8. Get Enough Sleep
9. Get Back on Track
10. Prevent T2 — for Life!

The research has proven that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing Type 2 Diabetes by 58%.

FREE to Participants
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