

## **Diabetes Prevention Program**

### **What Is Type 2 Diabetes?**

**Type 2 diabetes** is the most common form of diabetes. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have type 2 diabetes, your body can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Type 2 diabetes is a serious condition. It can lead to health issues such as heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

### **What Is Prediabetes?**

**Prediabetes** is a blood glucose (sugar) level that is higher than normal but not high enough to be diagnosed as diabetes. One in three American adults has prediabetes, and most do not even know they have it. If you have prediabetes and do not lose weight or do moderate physical activity, you can develop type 2 diabetes within 5 years.

### **Am I at Risk for Prediabetes and Type 2 Diabetes?**

You are at increased risk for developing prediabetes and 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 three times per week; or
- ✓ Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds.

### **What is Diabetes Prevention Lifestyle Change Program?**

PreventT2 is 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 Benefit of Being Part of a PreventT2 Program?**

As part of a PreventT2 group, you will work with other participants and a **trained lifestyle coach** to learn the skills you need to make lasting changes.

These changes include losing a modest amount of weight, being more physically active, and managing stress. Being part of a group provides support from other people who are facing similar challenges and trying to make the same changes you are. Together you can celebrate successes and find ways to overcome obstacles.

PreventT2 groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain healthy lifestyle changes. During each session, your lifestyle coach will teach a lesson and lead a group discussion.

Type 2 Diabetes Prevention Program classes offered by Dallas County Health & Human Services (DCHHS) are coming soon.

**To check if you are at risk for type 2 diabetes**, take the American Diabetes Association's quick [Type 2 Diabetes Risk Test](#).

If you would like to enroll in the Diabetes Prevention Program classes offered by Dallas County Health & Human Services or would like more information, please contact us at 214-819-2034 or 214-819-1820 or email at [DCHHS\\_MWP@dallascounty.org](mailto:DCHHS_MWP@dallascounty.org)

**Classes are currently offered at our main facility located at:**

**2377 N. Stemmons Freeway  
Dallas, TX 75207  
Location and schedule  
of future classes will be announced**