

**In the U.S.,
1 in 3 adults has
prediabetes,
and most of them
don't know it.**

Without making healthy changes, those with prediabetes are at risk for developing type 2 diabetes. PreventT2 is a proven program that can help you make modest changes that will improve your health and reduce your risk of developing type 2 diabetes.

Mountain Valley 2-1-1 provides resources to support individuals in Merced County with prediabetes, type 2 diabetes, and other chronic conditions.



**Call 2-1-1 and take
charge of your
health today!**



Get connected. Get answers.

Mountain Valley 211 can help you find information about the PreventT2 program and get connected to other healthy lifestyle programs in Merced County, including:

- Chronic disease self-management
- Smoking (tobacco) cessation
- Nutrition education
- Wellness programs

**2-1-1 services are
free, confidential,
and available 24/7**

Call 2-1-1

www.MountainValley211.org



This material was produced with funding from Centers for Disease Control and Prevention (CDC) Grant Number DP005499 through the California Department of Public Health. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the CDC or the U.S. Department of Health and Human Services.

**You can prevent
Type 2 diabetes
with the
PreventT2
Program**



What is prediabetes?

Prediabetes is a health condition where one's blood glucose (sugar) level that is higher than normal but not high enough to be diagnosed as type 2 diabetes. One in three adults in the United States has prediabetes, and most do not know they have it. If you have prediabetes, you can develop type 2 diabetes within 5 years if you do not lose weight or do moderate physical activity. Type 2 diabetes is a serious health condition that can lead to heart attack, stroke, blindness, kidney failure, or loss of toes, feet, or legs.

Am I at risk?

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.

PreventT2

is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to prevent or delay type 2 diabetes.

The PreventT2 program includes:

- The skills you need to lose weight, be more physically active, and manage stress
- A trained lifestyle coach to guide and encourage you
- Support from other participants who share your goals
- A CDC-approved curriculum

To learn more, visit www.cdc.gov/PreventT2

PreventT2 is being offered in our community by the Merced County Department of Public Health. For more information about PreventT2 and other healthy lifestyle programs, call 2-1-1, or visit www.MountainValley211.org.

Can I Prevent Type 2 Diabetes?

YES!

If you have prediabetes, now is the time for prevention. Merced County's PreventT2 healthy lifestyle program can help you take charge of your health to prevent or delay type 2 diabetes.

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.

If you don't have health care provider

or would like more information on the PreventT2 program, visit www.MountainValley211.org or call 2-1-1 and ask about healthy lifestyle programs.