

Take this form to a health care provider.
Then take the completed form to a
PreventT2 program near you.

PreventT2 Program RECOMMENDATION FORM

I recommend my patient, to participate in the
PreventT2 program offered by the
Prince George's County Health Department
based on the following eligibility criteria:

- ◆ 18 years or older BMI ≥ 24 kg/m² (≥ 22 if Asian)
- ◆ No previous diagnosis of type 1 or type 2 diabetes
- ◆ Diagnosis of prediabetes within the past year or
- ◆ GDM based on (check one or more)

- HbA1C: 5.7%–6.4%
- Fasting plasma glucose: 100–125 mg/dL
- 2-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL
- Previous diagnosis of GDM (may be self-reported)

Provider Signature _____ Date _____

Provider Name: _____

Address: _____

Phone: _____

Make a copy and give the completed form to the patient,
who may contact this local program for more information
and to enroll.

Chronic Disease Program 301-856-4734
health.mypgc.us/preventt2

YOU CAN PREVENT *Type 2 Diabetes*

The PreventT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC).

This proven program can help you make modest lifestyle changes and cut your risk of type 2 diabetes by more than half.



MAKE A CHANGE START TODAY!

PREVENT TYPE 2 DIABETES WITH THE PreventT2 FREE PROGRAM

If you have **prediabetes** or other risk factors for **type 2 diabetes**, it's time to take charge of your health. The PreventT2 lifestyle change program can help you make lasting changes to prevent type 2 diabetes.

WITH THE PreventT2 FREE PROGRAM YOU GET:

- A CDC-approved curriculum
- 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 with the same goals as you — and fun
- Quarterly participation giveaways
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

Free sessions at two Prince George's County Health Department locations. Choose the location convenient for you and register now. The first 20 residents to register and complete the first quarter of classes will receive a *Magic Bullet* blender.

Classes will begin Tuesday, February 26, 2019.

**Prince George's County
Health Department Headquarters**
1701 McCormick Drive, Largo, MD 20774

Time: 10:00 a.m. – 11:00 a.m.

To register or for additional information about this class **call 301-883-7921**

PREDIABETES CAN LEAD TO TYPE 2 DIABETES

Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. This raises your risk of **type 2 diabetes**, heart disease, and stroke. It also affects blindness; kidney failure; or loss of toes, feet, or legs.

YOU MAY HAVE PREDIABETES AND BE AT RISK FOR 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 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

D. Leonard Dyer
Regional Health Center
9314 Piscataway Road, Clinton, MD 20735

Time: 3:00 p.m. – 4:00 p.m.

To register or for additional information about this class **call 301-856-4734**

If you think you may be at risk for prediabetes and type 2 diabetes:

» *Take this brochure to a health care provider.*

- Ask to be tested for prediabetes. The health care provider may do a simple blood test.
- Ask the health care provider to fill out the recommendation form on the back of this brochure.

» *If you don't have a health care provider, call us to find out if you qualify for the program.*



Call or visit us on the web today!

Prince George's County Health Department
Chronic Disease Program

301-856-4734

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