



Participant Guide

Introduction to the Program



Prediabetes

Prediabetes means that your blood sugar is higher than normal. But it's not high enough for type 2 diabetes.

- More than 1 in 3 American adults has prediabetes.
- 9 out of 10 people with prediabetes don't know they have it.

If you have prediabetes, you are more likely to get:

- Diabetes
- Heart disease
- Stroke

The good news is that losing weight and being active can cut your risk of type 2 diabetes in half.

Source: CDC





Prevent T2 Goals

Prevent T2 is a yearlong program. It's designed for people with prediabetes. It's also for people who are at high risk for type 2 diabetes and want to lower their risk.

By the end of the first six months, your goal is to:

- ▶ Lose at least 5 to 7 percent of your starting weight
- ▶ Get at least 150 minutes of physical activity each week

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

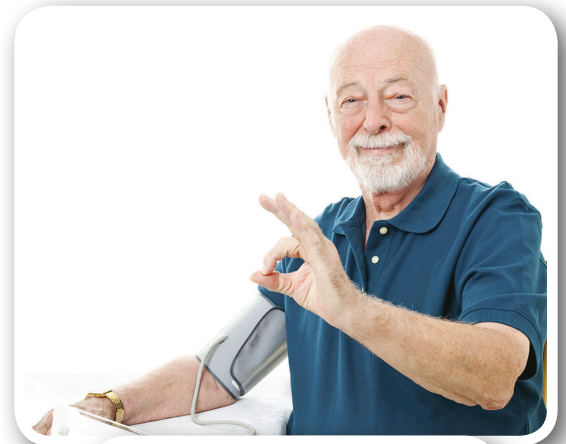
- ▶ Keep off the weight you've lost
- ▶ Keep working toward your goal weight, if you haven't reached it
- ▶ Lose more weight if you wish
- ▶ Keep getting at least 150 minutes of activity each week

Losing weight can:

- ▶ **Prevent or delay type 2 diabetes**
- ▶ Ease sleep problems, arthritis, and depression
- ▶ Lower your blood pressure and cholesterol level
- ▶ Make you feel better about yourself

Getting more active can:

- ▶ **Prevent or delay type 2 diabetes**
- ▶ Give you more energy
- ▶ Help you sleep better
- ▶ Improve your memory, balance, and flexibility
- ▶ Lift your mood
- ▶ Lower your blood pressure and cholesterol
- ▶ Lower your risk of heart attack and stroke
- ▶ Lower your stress level
- ▶ Strengthen your muscles and bones





Type 2 Diabetes

When you eat, your body breaks down food into glucose, a type of sugar.

In people without type 2 diabetes, a hormone called insulin helps sugar leave the blood and enter the cells. This gives the cells energy.

In people with type 2 diabetes, the body doesn't make or use insulin well. So sugar builds up in the blood instead of going into the cells. And the cells don't get enough energy.

Type 2 diabetes can harm your:

- Heart and blood vessels, which can lead to heart attacks and strokes
- Nerves
- Kidneys, which can lead to kidney failure
- Eyes, which can lead to blindness
- Feet, which can lead to amputation
- Gums
- Skin



You are more likely to get type 2 diabetes if you:

- Are too heavy (overweight or obese)
- Spend a lot of time sitting or lying down
- Have a parent or sibling with type 2 diabetes
- Are African American, Hispanic, Native American, or Asian American
- Are 45 or older. This may be because people tend to be less active and gain weight as they age. But type 2 diabetes is also on the rise among young people.
- Had diabetes while you were pregnant (gestational diabetes)



Your Six-Month Goals

Activity Goal

In the next six months, I will get at least 150 minutes of activity each week at a moderate pace or more.

Weight Goal

| |
|---|
| I weigh _____ pounds. |
| In the next six months, I will: |
| Lose at least _____ (5/6/7) percent of my body weight |
| Lose at least _____ pounds |
| Reach _____ pounds |





Weight Loss by the Numbers

One goal of this program is to lose at least 5 to 7 percent of your starting weight in the next six months. For instance, if you weighed 200 pounds, you would lose 10 to 14 pounds. The chart on the next two pages shows how many pounds you need to lose in order to reach your goal. To use it:

1. Place your finger at the top of the blue column that says “Wt.” This stands for your starting weight. Move your finger down until you find the number of pounds you weigh now.
2. Move your finger to the right. Stop when you reach the column that shows what percentage of your starting weight you want to lose (5%, 6%, or 7%).
3. Look at the number your finger is pointing to. That’s the number of pounds you need to lose in order to reach your goal.





Weight Loss by the Numbers

| Wt | 5% | 6% | 7% | Wt | 5% | 6% | 7% | Wt | 5% | 6% | 7% | Wt | 5% | 6% | 7% |
|-----|----|----|----|-----|----|----|----|-----|----|----|----|-----|----|----|----|
| 130 | 7 | 8 | 9 | 166 | 8 | 10 | 12 | 202 | 10 | 12 | 14 | 238 | 12 | 14 | 17 |
| 131 | 7 | 8 | 9 | 167 | 8 | 10 | 12 | 203 | 10 | 12 | 14 | 239 | 12 | 14 | 17 |
| 132 | 7 | 8 | 9 | 168 | 8 | 10 | 12 | 204 | 10 | 12 | 14 | 240 | 12 | 14 | 17 |
| 133 | 7 | 8 | 9 | 169 | 8 | 10 | 12 | 205 | 10 | 12 | 14 | 241 | 12 | 14 | 17 |
| 134 | 7 | 8 | 9 | 170 | 9 | 10 | 12 | 206 | 10 | 12 | 14 | 242 | 12 | 15 | 17 |
| 135 | 7 | 8 | 9 | 171 | 9 | 10 | 12 | 207 | 10 | 12 | 14 | 243 | 12 | 15 | 17 |
| 136 | 7 | 8 | 10 | 172 | 9 | 10 | 12 | 208 | 10 | 12 | 15 | 244 | 12 | 15 | 17 |
| 137 | 7 | 8 | 10 | 173 | 9 | 10 | 12 | 209 | 10 | 13 | 15 | 245 | 12 | 15 | 17 |
| 138 | 7 | 8 | 10 | 174 | 9 | 10 | 12 | 210 | 11 | 13 | 15 | 246 | 12 | 15 | 17 |
| 139 | 7 | 8 | 10 | 175 | 9 | 11 | 12 | 211 | 11 | 13 | 15 | 247 | 12 | 15 | 17 |
| 140 | 7 | 8 | 10 | 176 | 9 | 11 | 12 | 212 | 11 | 13 | 15 | 248 | 12 | 15 | 17 |
| 141 | 7 | 8 | 10 | 177 | 9 | 11 | 12 | 213 | 11 | 13 | 15 | 249 | 12 | 15 | 17 |
| 142 | 7 | 9 | 10 | 178 | 9 | 11 | 12 | 214 | 11 | 13 | 15 | 250 | 13 | 15 | 18 |
| 143 | 7 | 9 | 10 | 179 | 9 | 11 | 13 | 215 | 11 | 13 | 15 | 251 | 13 | 15 | 18 |
| 144 | 7 | 9 | 10 | 180 | 9 | 11 | 13 | 216 | 11 | 13 | 15 | 252 | 13 | 15 | 18 |
| 145 | 7 | 9 | 10 | 181 | 9 | 11 | 13 | 217 | 11 | 13 | 15 | 253 | 13 | 15 | 18 |
| 146 | 7 | 9 | 10 | 182 | 9 | 11 | 13 | 218 | 11 | 13 | 15 | 254 | 13 | 15 | 18 |
| 147 | 7 | 9 | 10 | 183 | 9 | 11 | 13 | 219 | 11 | 13 | 15 | 255 | 13 | 15 | 18 |
| 148 | 7 | 9 | 10 | 184 | 9 | 11 | 13 | 220 | 11 | 13 | 15 | 256 | 13 | 15 | 18 |
| 149 | 7 | 9 | 10 | 185 | 9 | 11 | 13 | 221 | 11 | 13 | 15 | 257 | 13 | 15 | 18 |
| 150 | 8 | 9 | 11 | 186 | 9 | 11 | 13 | 222 | 11 | 13 | 16 | 258 | 13 | 15 | 18 |
| 151 | 8 | 9 | 11 | 187 | 9 | 11 | 13 | 223 | 11 | 13 | 16 | 259 | 13 | 16 | 18 |
| 152 | 8 | 9 | 11 | 188 | 9 | 11 | 13 | 224 | 11 | 13 | 16 | 260 | 13 | 16 | 18 |
| 153 | 8 | 9 | 11 | 189 | 9 | 11 | 13 | 225 | 11 | 14 | 16 | 261 | 13 | 16 | 18 |
| 154 | 8 | 9 | 11 | 190 | 10 | 11 | 13 | 226 | 11 | 14 | 16 | 262 | 13 | 16 | 18 |
| 155 | 8 | 9 | 11 | 191 | 10 | 11 | 13 | 227 | 11 | 14 | 16 | 263 | 13 | 16 | 18 |
| 156 | 8 | 9 | 11 | 192 | 10 | 12 | 13 | 228 | 11 | 14 | 16 | 264 | 13 | 16 | 18 |
| 157 | 8 | 9 | 11 | 193 | 10 | 12 | 14 | 229 | 11 | 14 | 16 | 265 | 13 | 16 | 19 |
| 158 | 8 | 9 | 11 | 194 | 10 | 12 | 14 | 230 | 12 | 14 | 16 | 266 | 13 | 16 | 19 |
| 159 | 8 | 10 | 11 | 195 | 10 | 12 | 14 | 231 | 12 | 14 | 16 | 267 | 13 | 16 | 19 |
| 160 | 8 | 10 | 11 | 196 | 10 | 12 | 14 | 232 | 12 | 14 | 16 | 268 | 13 | 16 | 19 |
| 161 | 8 | 10 | 11 | 197 | 10 | 12 | 14 | 233 | 12 | 14 | 16 | 269 | 13 | 16 | 19 |
| 162 | 8 | 10 | 11 | 198 | 10 | 12 | 14 | 234 | 12 | 14 | 16 | 270 | 14 | 16 | 19 |
| 163 | 8 | 10 | 11 | 199 | 10 | 12 | 14 | 235 | 12 | 14 | 16 | 271 | 14 | 16 | 19 |
| 164 | 8 | 10 | 11 | 200 | 10 | 12 | 14 | 236 | 12 | 14 | 17 | 272 | 14 | 16 | 19 |
| 165 | 8 | 10 | 12 | 201 | 10 | 12 | 14 | 237 | 12 | 14 | 17 | 273 | 14 | 16 | 19 |



Weight Loss by the Numbers

| Wt | 5% | 6% | 7% | Wt | 5% | 6% | 7% | Wt | 5% | 6% | 7% | Wt | 5% | 6% | 7% |
|-----|----|----|----|-----|----|----|----|-----|----|----|----|-----|----|----|----|
| 274 | 14 | 16 | 19 | 310 | 16 | 19 | 22 | 346 | 17 | 21 | 24 | 382 | 19 | 23 | 27 |
| 275 | 14 | 17 | 19 | 311 | 16 | 19 | 22 | 347 | 17 | 21 | 24 | 383 | 19 | 23 | 27 |
| 276 | 14 | 17 | 19 | 312 | 16 | 19 | 22 | 348 | 17 | 21 | 24 | 384 | 19 | 23 | 27 |
| 277 | 14 | 17 | 19 | 313 | 16 | 19 | 22 | 349 | 17 | 21 | 24 | 385 | 19 | 23 | 27 |
| 278 | 14 | 17 | 19 | 314 | 16 | 19 | 22 | 350 | 18 | 21 | 25 | 386 | 19 | 23 | 27 |
| 279 | 14 | 17 | 20 | 315 | 16 | 19 | 22 | 351 | 18 | 21 | 25 | 387 | 19 | 23 | 27 |
| 280 | 14 | 17 | 20 | 316 | 16 | 19 | 22 | 352 | 18 | 21 | 25 | 388 | 19 | 23 | 27 |
| 281 | 14 | 17 | 20 | 317 | 16 | 19 | 22 | 353 | 18 | 21 | 25 | 389 | 19 | 23 | 27 |
| 282 | 14 | 17 | 20 | 318 | 16 | 19 | 22 | 354 | 18 | 21 | 25 | 390 | 20 | 23 | 27 |
| 283 | 14 | 17 | 20 | 319 | 16 | 19 | 22 | 355 | 18 | 21 | 25 | 391 | 20 | 23 | 27 |
| 284 | 14 | 17 | 20 | 320 | 16 | 19 | 22 | 356 | 18 | 21 | 25 | 392 | 20 | 24 | 27 |
| 285 | 14 | 17 | 20 | 321 | 16 | 19 | 22 | 357 | 18 | 21 | 25 | 393 | 20 | 24 | 28 |
| 286 | 14 | 17 | 20 | 322 | 16 | 19 | 23 | 358 | 18 | 21 | 25 | 394 | 20 | 24 | 28 |
| 287 | 14 | 17 | 20 | 323 | 16 | 19 | 23 | 359 | 18 | 22 | 25 | 395 | 20 | 24 | 28 |
| 288 | 14 | 17 | 20 | 324 | 16 | 19 | 23 | 360 | 18 | 22 | 25 | 396 | 20 | 24 | 28 |
| 289 | 14 | 17 | 20 | 325 | 16 | 20 | 23 | 361 | 18 | 22 | 25 | 397 | 20 | 24 | 28 |
| 290 | 15 | 17 | 20 | 326 | 16 | 20 | 23 | 362 | 18 | 22 | 25 | 398 | 20 | 24 | 28 |
| 291 | 15 | 17 | 20 | 327 | 16 | 20 | 23 | 363 | 18 | 22 | 25 | 399 | 20 | 24 | 28 |
| 292 | 15 | 18 | 20 | 328 | 16 | 20 | 23 | 364 | 18 | 22 | 25 | 400 | 20 | 24 | 28 |
| 293 | 15 | 18 | 21 | 329 | 16 | 20 | 23 | 365 | 18 | 22 | 26 | 401 | 20 | 24 | 28 |
| 294 | 15 | 18 | 21 | 330 | 17 | 20 | 23 | 366 | 18 | 22 | 26 | 402 | 20 | 24 | 28 |
| 295 | 15 | 18 | 21 | 331 | 17 | 20 | 23 | 367 | 18 | 22 | 26 | 403 | 20 | 24 | 28 |
| 296 | 15 | 18 | 21 | 332 | 17 | 20 | 23 | 368 | 18 | 22 | 26 | 404 | 20 | 24 | 28 |
| 297 | 15 | 18 | 21 | 333 | 17 | 20 | 23 | 369 | 18 | 22 | 26 | 405 | 20 | 24 | 28 |
| 298 | 15 | 18 | 21 | 334 | 17 | 20 | 23 | 370 | 19 | 22 | 26 | 406 | 20 | 24 | 28 |
| 299 | 15 | 18 | 21 | 335 | 17 | 20 | 23 | 371 | 19 | 22 | 26 | 407 | 20 | 24 | 28 |
| 300 | 15 | 18 | 21 | 336 | 17 | 20 | 24 | 372 | 19 | 22 | 26 | 408 | 20 | 24 | 29 |
| 301 | 15 | 18 | 21 | 337 | 17 | 20 | 24 | 373 | 19 | 22 | 26 | 409 | 20 | 25 | 29 |
| 302 | 15 | 18 | 21 | 338 | 17 | 20 | 24 | 374 | 19 | 22 | 26 | 410 | 21 | 25 | 29 |
| 303 | 15 | 18 | 21 | 339 | 17 | 20 | 24 | 375 | 19 | 23 | 26 | 411 | 21 | 25 | 29 |
| 304 | 15 | 18 | 21 | 340 | 17 | 20 | 24 | 376 | 19 | 23 | 26 | 412 | 21 | 25 | 29 |
| 305 | 15 | 18 | 21 | 341 | 17 | 20 | 24 | 377 | 19 | 23 | 26 | 413 | 21 | 25 | 29 |
| 306 | 15 | 18 | 21 | 342 | 17 | 21 | 24 | 378 | 19 | 23 | 26 | 414 | 21 | 25 | 29 |
| 307 | 15 | 18 | 21 | 343 | 17 | 21 | 24 | 379 | 19 | 23 | 27 | 415 | 21 | 25 | 29 |
| 308 | 15 | 18 | 22 | 344 | 17 | 21 | 24 | 380 | 19 | 23 | 27 | 416 | 21 | 25 | 29 |
| 309 | 15 | 19 | 22 | 345 | 17 | 21 | 24 | 381 | 19 | 23 | 27 | 417 | 21 | 25 | 29 |