

YOU CAN PREVENT  
TYPE 2 DIABETES

## ATTENTION 2 PREVENTION

A TYPE 2 DIABETES PREVENTION PROGRAM  
BY PROVIDENCE HEALTH & SERVICES

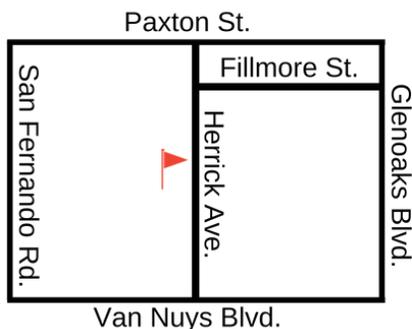


Providence Health & Services  
Offers a Type 2 Diabetes  
Prevention Program that can teach  
you to make simple lifestyle  
changes that are proven and  
designed to lower your risk of  
developing type 2 diabetes.

*Begin your journey toward a healthier you!  
You too can stay strong and live strong.*



Providence Holy Cross Medical Center  
Providence Saint Joseph Medical Center  
Providence Tarzana Medical Center



## ATTENTION 2 PREVENTION

A TYPE 2 DIABETES PREVENTION PROGRAM  
BY PROVIDENCE HEALTH & SERVICES



Stay Strong. Live Strong

**Providence Community Health Department**

**Vaughn Family & Community Center**

**11201 Herrick Ave., Room # 3**

**Pacoima, CA 91331**

**(818) 847-3841**





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

The Attention 2 Prevention Program will help you make the lifestyle changes you need to prevent or delay type 2 diabetes

## Prevent type 2 diabetes with Attention 2 Prevention

If you have prediabetes or other risk factors for type 2 diabetes, it's time to take charge of your health. Participating in the Attention 2 Prevention Program offered at the Vaughn Family & Learning Center can help you make lasting changes to prevent type 2 diabetes.

### WITH THE ATTENTION 2 PREVENTION 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
- Group support
- A year-long program—weekly for 6 months, then 1–2 times a month

## Prediabetes can lead to type 2 diabetes

One out of three American adults has prediabetes, and most of them do not know it. 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.

Without weight loss or moderate physical activity, many people with prediabetes can develop type 2 diabetes within 5 years. Type 2 diabetes is a serious condition that can lead to health issues such as heart attack; stroke; 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 three times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than nine pounds

### Challenge Yourself— START TODAY!

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 next panel.
- Take the completed form to:  
Providence Community Health Department  
Vaughn Family & Community Center  
11201 Herrick Ave., Room # 3  
Pacoima, CA 91331

#### If you think you are at risk of prediabetes or diabetes type 2 and don't have a health care provider, call us at (818) 847-3841



First Name MI Last Name

You may be eligible to participate in the Attention 2 Prevention Program offered by Providence Health & Services if you meet the following criteria:

- 18 years or older BMI  $\geq 24$  kg/m<sup>2</sup> ( $\geq 22$  if Asian)
- No previous diagnosis of type 1 or type 2 diabetes
- Diagnosis of prediabetes within the past year: (check all that apply)
  - 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
  - Previously diagnosed with gestational diabetes (pregnant with diabetes)

Provider Signature

Date

Provider Name

Address

Phone

### RECOMMENDATION TO THE ATTENTION 2 PREVENTION PROGRAM

#### Our Promise

"Know me, care for me, ease my way"



Providence Holy Cross Medical Center  
Providence Saint Joseph Medical Center  
Providence Tarzana Medical Center