

Providence Little Company of Mary offers a FREE Type 2 Diabetes Prevention Program – Choose2Change – that can help you make simple lifestyle changes proven to cut your risk of developing Type 2 diabetes by more than half.

Remember, lifestyle is everything – healthy attitude, healthy life!



Providence Little Company of Mary uses the PreventT2 lifestyle change program led by the Centers for Disease Control and Prevention (CDC) as part of their program.

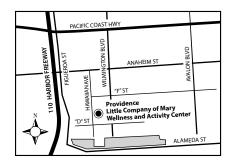
#### **OUR MISSION**

As expressions of God's healing love, witnessed through the ministry of Jesus, we are steadfast in serving all, especially those who are poor and vulnerable.

#### **OUR VALUES**

Compassion, Dignity, Justice, Excellence, Integrity

Providence Little Company of Mary Wellness and Activity Center 470 N. Hawaiian Ave. Wilmington, CA 90744



Providence.org/Choose2Change











## Prevent Type 2 diabetes with the Choose2Change lifestyle program

If you have prediabetes or other risk factors for Type 2 diabetes, it's time to take charge of your health. Participating in the Choose2Change lifestyle change program offered at Providence Little Company of Mary Wellness and Community Center can help you make lasting changes to prevent Type 2 diabetes.

### WITH THE CHOOSE2CHANGE 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
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months

# 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 five 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.

The lifestyle changes you make in the Choose2Change program will help you prevent or delay Type 2 diabetes.

### 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

### Make a change — 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 Little Company of Mary Wellness and Activity Center
  470 N. Hawaiian Ave. Wilmington, CA 90744
- If you don't have a health care provider, call us at 310-514-5483 to find out if you qualify for the program.



### **RECOMMENDATION FORM**

I recommend my patient,

First Name

Last Name

participate in the Choose2Change lifestyle change program offered by Providence Little Company of Mary 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

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✓ 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.

