



INFORMATION FOR PATIENTS

If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change!

Kendall Reagan Nutrition Center is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes and includes:

- Trained lifestyle coaches who are registered dietitians with graduate degrees
- CDC-approved curriculum
- Group support
- 16 weekly meetings
- 6 monthly follow-up meetings

By improving food choices and increasing physical activity, you can lose 5 to 7% of your body weight — that is 10 to 14 pounds for a person weighing 200 pounds. **If you have prediabetes, these lifestyle changes can cut your risk of developing type 2 diabetes by more than half.**

Prediabetes Can Lead to Type 2 Diabetes

One out of three American adults has prediabetes, which 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 and moderate physical activity, many people with prediabetes will develop type 2 diabetes within 3 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 with us 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 3 times per week, or ever had diabetes while pregnant. Go to the risk link on our website to find out more.

How this program works

As part of a group, you will work with a trained lifestyle coach and other participants to learn the skills you need to make **lasting lifestyle changes**. You will learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. We meet once a week for 16 weeks, then once a month for 6 months to help you maintain your healthy lifestyle changes. By meeting with others who have prediabetes you can celebrate each other's successes and work together to overcome obstacles.

Your Anthem Blue Cross Blue Shield insurance plan should cover the cost; check with them today or call 1-855-717-8813. If you do not have Anthem, you can check with your insurance or self-pay.

If you think you may be at risk for Prediabetes or Type 2 Diabetes

- Click on the risk link to take the CDC Prediabetes Screening Test.
- Take this fact sheet and the Referral Form to a health care provider and ask to be tested for prediabetes.
- If you don't have a health care provider, call us to find out if you qualify for the program.

What participants are saying

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New sessions starting throughout the year.

For information, call: (970) 491-8615

or email nutritioncenter@colostate.edu

