An Inclusive Diabetes Prevention Program

Produced By
The National Center on Health, Physical Activity and Disability
Adapted from Prevent T2: A Proven Lifestyle Change Program to Prevent Type 2 Diabetes
Based on a lifestyle change program proven to prevent or delay type 2 diabetes.

It Includes:

- A CDC-approved Curriculum.
- Weekly sessions with a trained lifestyle coach to help participants lose weight, eat healthier, be more physically active, and manage stress.
- Group support over the course of a year.
- Program materials that are inclusive of people with physical, sensory and mild intellectual disabilities.
- Tips, strategies and resources to adapt information and exercises for all participants.

- All Lifestyle Coaches must be trained by a National Diabetes Prevention Program Master Trainer.
- It is recommended that the Prevent T2 for All program be administered at a CDC-recognized organization that delivers evidence-based type 2 diabetes prevention programs in communities across the United States.

84.1 million adults —more than 1 out of 3— have prediabetes

Adults living with disabilities are three times more likely to have heart disease, stroke, diabetes, or cancer.

Adults living with disabilities are more likely to:

- Be Obese: 38.4% with disability, 24.4% without disability
- Smoke: 30.3% with disability, 16.7% without disability
- Have High Blood Pressure: 41.7% with disability, 26.3% without disability
- Be Inactive: 36.3% with disability, 23.9% without disability

For more information and to access the Prevent T2 for All program, contact NCHPAD.

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