



# PREVENT T2 FOR ALL

**An Inclusive Diabetes  
Prevention Program**

**NCHPAD**  


**Produced By**

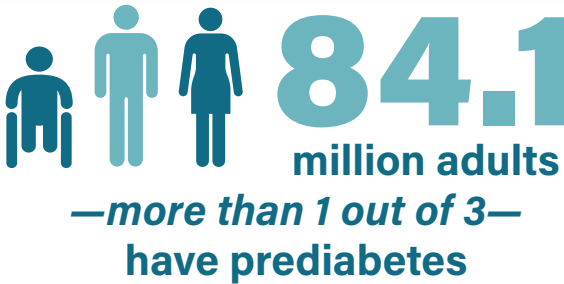
The National Center on Health, Physical Activity and Disability  
Adapted from Prevent T2: A Proven Lifestyle Change Program to  
Prevent Type 2 Diabetes

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.



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:

	with disability	without disability
<b>Be Obese</b>	<b>38.4%</b>	24.4%
<b>Smoke</b>	<b>30.3%</b>	16.7%
<b>Have High Blood Pressure</b>	<b>41.7%</b>	26.3%
<b>Be Inactive</b>	<b>36.3%</b>	23.9%

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



email@nchpad.org



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