

Jones County Health Department

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TYPE 2 DIABETES PREVENTION PROGRAM

TRENTON – Jones County Health Department is recruiting new participants for our upcoming **Prevent T2** class. You can prevent Type 2 Diabetes with the **Prevent T2** Program, which is part of the National Diabetes Prevention Program lead by the Centers for Disease Control and Prevention (CDC). **Prevent T2** has a proven approach to prevent or delay type 2 diabetes.

Having Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as diabetic. In fact, 9 out of 10 people with prediabetes do not know they have it.

Prevent T2 is a year-long program, with weekly meetings the first six (6) months and then meetings once or twice a month for the last six (6) months.

How the **Prevent T2** Program works:

- You will work with a trained Lifestyle Coach
- You will follow a CDC-approved curriculum
- You will learn to eat healthy, add physical activity, manage stress, stay motivated, and problem solve!
- You will have interactive group support
- You will receive great incentives to support your lifestyle change

Could you have Prediabetes?

- Take a Prediabetes screening test
- Get your A1C levels checked
- Enroll in the **Prevent T2** Program if you qualify

If you're interested in taking steps toward a healthier lifestyle or would like to know your A1C level, contact Tamara Jones, Health Educator II, at 448-9111 ext. 3017 or Shakema Spruill, Social Worker II, at 448-9111 ext. 3001.

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