



ARTICLES

SHORT ARTICLE (approx. 180 words)

PreventT2 helps [Audience/Location, e.g., New Yorkers] prevent type 2 diabetes

If you have prediabetes, you can cut your risk of developing type 2 diabetes in half by losing 5 to 7 percent of your body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

In [Organization's] PreventT2 lifestyle change program, participants work in a group with a trained lifestyle coach to learn the skills needed to lose weight, become more physically active, and manage stress. PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It's proven to prevent or delay onset of type 2 diabetes.

The local program is offered at [locations], on [days/times]. The cost is [amount]; some insurance providers will cover the cost of the program. PreventT2 groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months.

“Participants in the PreventT2 program are preventing type 2 diabetes by making lasting lifestyle changes,” said [Organization leader or community spokesperson; you may wish to replace this quote with one from your leader].

Having prediabetes means it's time for prevention. To find a PreventT2 program near you, call [Name and phone number of contact person]. To learn more, visit [organization website and/or www.cdc.gov/PreventT2].

Articles (continued)

MEDIUM ARTICLE (approx. 350 words)

PreventT2 helps [Audience/Location, e.g., New Yorkers] prevent type 2 diabetes

One in three American adults has prediabetes. Without weight loss or moderate physical activity, many of them can develop type 2 diabetes within 5 years.

If you have prediabetes, the PreventT2 lifestyle change program, offered by [Organization], can help you make lasting changes to prevent type 2 diabetes. You will work in a group with a trained lifestyle coach to learn how 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.

“So many people in our community have prediabetes,” said [Organization leader or community spokesperson; you may wish to replace this quote with one from your leader]. “The PreventT2 program offers a real chance to prevent or delay the onset of type 2 diabetes by adopting a healthier lifestyle.”

PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay type 2 diabetes.

The local program meets at [locations], on [days/times]. The cost is [amount]; some insurance providers will cover the cost of the program. [Number of local participants] have already signed up for [or completed] PreventT2 and [Organization] is working to [enroll more or open new program sites, etc. as relevant to organization objectives].

PreventT2 groups meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain healthy lifestyle changes. The program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

One participant said, “I’ve tried so many things before, but without the program I would never have done this on my own.” [If possible, it is best to replace this example with a real quote from a program participant, identifying him or her as a community member.]

To learn more about PreventT2 and find a program near you, call [Name and phone number of contact person]. For more information, please go to [organization website and/or www.cdc.gov/PreventT2].

Articles (continued)

LONG ARTICLE (approx. 500 words)

PreventT2 helps [Audience/Location, e.g., New Yorkers] prevent type 2 diabetes

One in three American adults has prediabetes. If you have prediabetes, you are at high risk for developing type 2 diabetes, a serious disease. Many people with prediabetes who do not lose weight or do moderate physical activity can develop type 2 diabetes within 5 years.

The good news is that you can prevent type 2 diabetes. The PreventT2 lifestyle change program, offered by [Organization], can help. PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay type 2 diabetes.

In PreventT2, you will work in a group with a trained lifestyle coach to learn the skills you need to make lasting changes. These include losing a modest amount of weight, being more physically active, and managing stress. You will learn to eat healthy, add physical activity to your life, stay motivated, and solve problems that can get in the way of healthy changes.

“If you have prediabetes,” said [Organization leader or community spokesperson], “PreventT2 offers a real chance to prevent or delay the onset of type 2 diabetes by helping you adopt a healthier lifestyle.” [You may wish to replace this quote with one from your leader.]

Enroll in the local program, which meets at [locations], on [days/times]. The cost is [amount]; some insurance providers will cover the cost of the program. [Number of local participants] have already signed up for [or completed] PreventT2 and [Organization] is working to [enroll more or open new program sites, etc. as relevant to organization objectives].

Your PreventT2 group will meet for a year — weekly for the first 6 months, then once or twice a month for the second 6 months to maintain your healthy lifestyle changes. Most participants enjoy the group support and find it makes lifestyle change easier. One participant said, “I’ve tried so many things before, but without the program I would never have done this on my own.” [If possible, it is best to replace this example with a real quote from a program participant, identifying him or her as a community member.]

The PreventT2 program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is about 10 to 14 pounds for a person weighing 200 pounds.

“Small changes make a big difference,” added [Organization leader or community spokesperson]. “With a trained lifestyle coach as a guide, you can work with others who have prediabetes to make a change for life.”

To learn more about PreventT2 and find a program near you, call [Name and phone number of contact person]. For more information, please go to [organization website and/or www.cdc.gov/PreventT2].

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
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds