



**NATIONAL
DIABETES
PREVENTION
PROGRAM**

Learn More

www.cdc.gov/diabetes-prevention

<https://diabetes.org>



MCCH Pathway to Prevention
Center for Health and Wellness
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www.mcchwellness.com
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PREVENT2
Lifestyle Change Program

Murray-Calloway County Hospital

Pathway to Prevention

A PROVEN PROGRAM
TO PREVENT OR
DELAY TYPE 2
DIABETES



How it Works

Qualify for the Program

Patients can be recommended based on these qualifications:

- Be at least 18 years old
- BMI >24 (>22 if Asian)
- Have no previous diagnosis of type 1 or 2 diabetes
- The higher your A1C is, the higher your risk of developing type 2 Diabetes.

You will need one of the following:

- Physician referral with a diagnosis of Prediabetes or identified at risk for Type 2 Diabetes.

OR

- Have had an A1C blood test from Wellness Works identifying prediabetes (Initial screening and follow-up screening required within 6 months)

Commit to 12 Months

Pathway to Prevention is structured in 2 phases.

- **Phase 1** - Months 1-6
 - 16 weekly sessions (must be completed within 26 weeks)
- **Phase 2** - Months 7-12
 - Monthly or bi-monthly sessions (minimum of 6 sessions offered)

Program Focus

The Pathway to Prevention uses the CDC Prevent T2 Lifestyle Change curriculum - proven to help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes, and cut their risk of type 2 diabetes by 58%.

Program Goals

Prevent T2 helps participants achieve moderate weight loss by eating well and being active. The program meets weekly for the first 6 months, then once or twice a month for the second 6 months.

For the first 6 months, program goals for participants are:

- Lose at least 5% of their starting weight, or
- Lose at least 4% of their starting weight & log an average of 150 minutes of activity each week, or
- Lower their A1C (also known as HbA1c) by 0.2%

For the second 6 months, program goals for participants are:

- Keep off the weight they have lost. Keep working toward their weight or A1C goals,
- Lose more weight if they wish, but no more than 1-2 pounds a week,
- Keep getting at least 150 minutes of activity each week.

Our Services

Certified Lifestyle Coaching

Our certified Lifestyle Coach has the ability to support participants, provide guidance, and help groups work together effectively and facilitate a successful lifestyle change program.

Prescription for Health Membership

The Center for Health and Wellness will offer this Special Membership to those who are enrolled in the MCCH-Pathway to Prevention. Prescription for Medicine includes the first 30 days free, a month to month continued membership at a special rate.

Network of Support

The opportunity to connect with other participants for a lifelong support system. Continued opportunities to participate in other wellness screenings and resources through Wellness Works Wellness Connection emails.

Participants will enjoy the lifelong learning and support from their peers and Lifestyle Coach. Participants will achieve their goals and have the continued knowledge to continue living a healthy lifestyle.

