



FCA Health & Wellness Center Diabetes Prevention Program

Helping you build healthy new habits to improve your quality of life

The FCA Health & Wellness Center Diabetes Prevention Program is a national CDC recognized diabetes prevention lifestyle change program that can help people prevent or delay type 2 diabetes and improve their overall health with healthy new habits that last a lifetime. In addition to the obvious health benefits, lifestyle change programs can reduce the risk of heart attack and stroke associated with prediabetes and improve participants' overall health.

Program curriculum:

The PreventT2 curriculum promotes modest weight loss and increased physical activity through a 12 month lifestyle change program.

Program design:

This is an annual program with group classes that run for 16 weeks for one hour; then every other week for one hour; then monthly for one hour.

Diabetes Prevention Program goals:

- Participant attends 22 sessions
- Better understanding of diabetes prevention
- Increased Physical Activity
- Improved blood test result
- Modest weight loss (5-7% body fat)

Program eligibility:

To be eligible for referral to a CDC-recognized lifestyle change program, patients must:

- Be at least 18 years old and
- Be overweight (Body Mass Index ≥ 25 ; ≥ 23 if Asian) and
- Cannot be pregnant and
- No previous diagnosis of type 1 or type 2 diabetes and
- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7-6.4%
 - Fasting plasma glucose: 100-125 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140-199 mg/dL
- Have a previous clinical diagnosis of gestational diabetes

For more information or to register, please call our office at 313-264-6490.