



PreT2 helps Carlsbad residents prevent type 2 diabetes

CARLSBAD, CALIFORNIA, UNITED STATES, November 16, 2016 /EINPresswire.com/ -- Community members are gearing up to prevent type 2 diabetes together with the PreT2 lifestyle change program. Guided by a registered dietitian nutritionist (RDN), groups of participants will learn the skills they need to make lasting changes such as losing a modest amount of weight, being more physically active, and managing stress.

People with prediabetes — higher-than-normal blood glucose (sugar) levels — are 5 to 15 times more likely to develop type 2 diabetes than those with normal blood glucose levels. In fact, many people with prediabetes can be diagnosed with type 2 diabetes within 5 years. “One in three American adults has prediabetes, so the need for prevention has never been greater,” said Emily Cheera, RDN and founder of PreT2. “The PreT2 program offers a proven approach to preventing or delaying the onset of type 2 diabetes through modest lifestyle changes made with the support of a coach and one’s peers.”

PreT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). The local program will kick off on January 10, 2017. Groups will meet at the PreT2 office in Carlsbad Village on Tuesday evenings from 6:00 to 7:00pm. The program costs \$450 for the entire year.

Participants will learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. PreT2 groups meet for a year — 16 sessions during the first 6 months, then once a month for the second 6 months to maintain healthy lifestyle changes. The program’s group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together participants will celebrate their successes and find ways to overcome obstacles.

PreT2 is based on research that showed that people with prediabetes who lost 5 to 7 percent of their body weight (10 to 14 pounds for a 200-pound person) by making modest changes reduced their risk of developing type 2 diabetes by 58 percent. Nationwide implementation of the program could greatly reduce future cases of type 2 diabetes, a serious condition that can lead to health problems including heart attack; stroke; blindness; kidney failure; or loss of toes, feet, or legs.

People are more likely to have prediabetes and type 2 diabetes if they:

- Are 45 years of age or older;
- Are overweight;
- Have a family history of type 2 diabetes;
- Are physically active fewer than three times per week; or
- Have been diagnosed with gestational diabetes during pregnancy or gave birth to a baby weighing more than 9 pounds.

To join the PreT2 program, participants must have prediabetes or be at high risk for type 2 diabetes. To learn more about the program or to discuss eligibility, call Emily Cheera at 858-314-9517 or visit www.preT2.com.

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At PreT2, Emily Cheera, MS, RDN provides individualized, evidence-based lifestyle enhancement programs which empower clients with prediabetes to make lasting improvements in nutrition and physical activity in order to prevent type 2 diabetes. In addition to providing individual nutrition coaching both in-person in Carlsbad, CA and online nationwide, PreT2 is a provider of the Centers for Disease Control and Prevention (CDC) Diabetes Prevention Program, a proven group program that can cut a participant's risk of type 2 diabetes in half.

The PreT2 lifestyle change program is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It is proven to prevent or delay the onset of type 2 diabetes. Research shows that modest behavior changes, such as making better food choices and increasing physical activity, reduced the risk of developing type 2 diabetes by 58 percent in people at high risk for developing this disease. The National Diabetes Prevention Program brings together federal agencies, community-based organizations, faith-based organizations, employers, insurers, health care professionals, academia, and other stakeholders to prevent or delay the onset of type 2 diabetes among people with prediabetes. www.cdc.gov/PreventT2

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