



**PREVENT T2** 

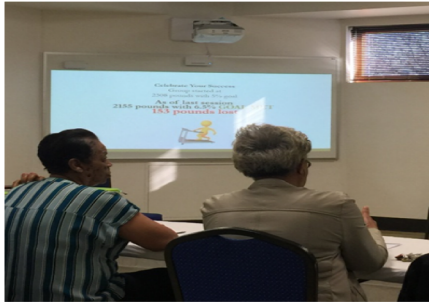
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

**HL** HEALTHY LIVING CENTER



## Best Practice for Retention

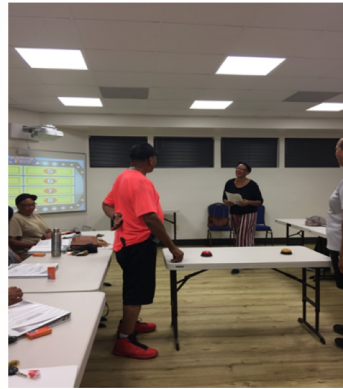
- Participants Engagement
  - Visual
    - Power point for every lecture lesson





## Participants Engagement

- Tactile



have fun 😊

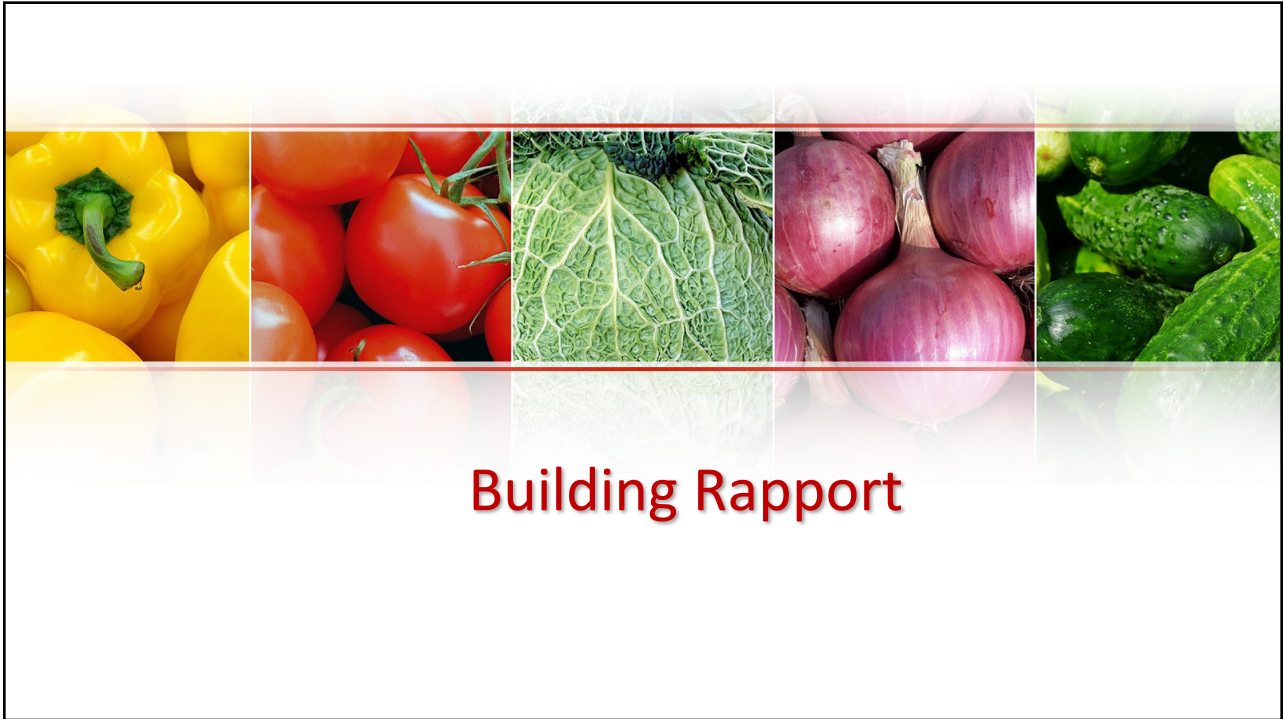


## Participants Engagement

Exposure to healthier dietary choices

- Tracking Your Foods
- Eat well to Prevent T2
- Shop and Cook





# MEET OUR LIFESTYLE COACH MRS. JANET ROUSE

Take a glimpse of her personal lifestyle journey  
Before vs Now



honesty people respect  
**TRUST**  
accept relationships loyalty belief





## Transiting CORE to CORE Maintenance

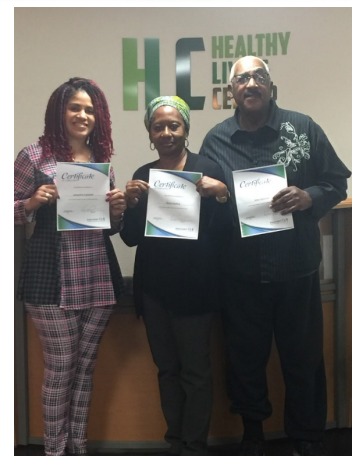
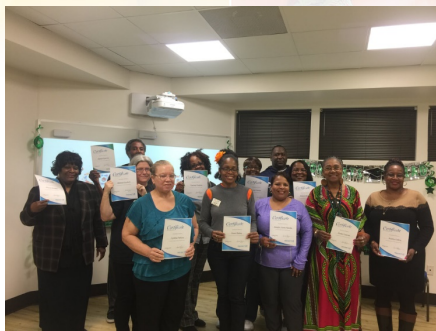
6 months weekly

- Accountability of exercising



6 months bi-monthly

- Accountability of weight






## Primary Care Provider Communication




## Participants Communicated





**Barriers**

- Transportation
- Lack of commitment
- Unforeseen medical reasons



Virginia Center for Diabetes Prevention and Education



**THANK YOU**  
ON BEHALF OF  
*VCDPE, VDH, & VDC*

<https://med.virginia.edu/vcdpe/>

