



A Johns Hopkins Diabetes Prevention Program

## THE CHALLENGE

Do you have prediabetes?

Prediabetes affects 1 out of 3 adults in the U.S.; of those, 90 percent don't even know they have it.

Prediabetes serves as a warning flag and can lead to the onset of type 2 diabetes. The **act<sub>2</sub>** program is designed to prevent or delay the onset of type 2 diabetes.

## THE SOLUTION

**act<sub>2</sub>** is an employee/member benefit. It is an interactive, year-long support and engagement program empowering you to take charge of your health and wellbeing as you work with a personal coach to:

- Lose weight gradually
- Build physical activity into your daily routine
- Understand good nutrition and healthy eating habits
- Develop skills for behavior change
- Stay motivated
- Reduce diabetes risk



## IS ACT<sub>2</sub> RIGHT FOR YOU?

Consider this program if you:

- Are 18 years old and over, and
- Are overweight, with a body-mass index of 25 or more (23 or more for Asian Americans), and
- Have had no previous diagnosis of type 1 or type 2 diabetes, and
- Have a high blood glucose level or scored high on a Prediabetes Risk Test\*

\*Check with your organization for additional details on participation and eligibility.

# **act<sub>2</sub>** - Act today to prevent diabetes

## THE PROGRAM

- Structured, year-long lifestyle change program
- Personalized guidance for enhanced learning
- Interactive and supportive online modules
- Reliable feedback from committed coaches
- Helpful resources to enhance self-monitoring skills
- Johns Hopkins-enhanced CDC-approved curriculum
- Facilitated by certified lifestyle coaches
- Web-based options to facilitate two-way communication



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## THE JOHNS HOPKINS ADVANTAGE

Our faculty experts developed this program for maximum impact, based on years of research and clinical success.

**Nisa Maruthur, M.D., M.H.S.**, is an associate professor of medicine at the Johns Hopkins University School of Medicine, and the director of the Johns Hopkins National Diabetes Prevention Programs. She is an expert in diabetes prevention and treatment with a focus on comparative effectiveness and community-based interventions.

**Katherine Michalski, R.D.N.**, is the director of intervention for the Johns Hopkins National Diabetes Prevention Programs and an expert in behavioral interventions to improve lifestyle. She was the lead interventionist at Johns Hopkins for the Diabetes Prevention Program randomized clinical trial.