



# THE FACTS

## What is the Southeast Diabetes Faith Initiative

The Southeast Diabetes Faith Initiative (SDFI) is a multi-state lifestyle change program created by The Balm In Gilead, Inc to expand access and utilize the National Diabetes Prevention Program and PreventT2 curriculum. SDFI brings together local communities, faith organizations, employers, insurers, health care professionals, and other stakeholders to prevent or delay the onset of type 2 diabetes, specifically among communities of color. That's why it's essential to know the risk factors.

## What Makes Us Different

SDFI creates a sustainable infrastructure within communities, via faith institutions, to effectively deliver the CDC's Prevent T2 curriculum. Through this program, participants across six states learn the skills needed to lose weight, be physically active, as well as ways to manage stress, meal planning, and staying motivated. If you are overweight, have hypertension, have a family history of diabetes, or other risk factors of type 2 diabetes, you can make a change to improve your health.

## Program Overview

SDFI utilizes the PreventT2 curriculum, developed by the Centers for Disease Control (CDC). The SDFI program also offers tips on tailoring the sessions to meet participants' needs and preferences, including cultural considerations. All participants are assigned a certified PreventT2 lifestyle coach to guide and encourage you through your journey.

## PROGRAM STRUCTURE

Over the course of a year, SDFI participants engage in 16 core modules designed to help them lose 5-7% of their starting weight over the first 6 months followed by 10 maintenance modules to help them keep it off. In addition, the Prevent T2 curriculum stresses that each participant engage in 150 minutes or more of physical activity per week. These program components are the basis to this evidence-based program designed to delay or prevent the onset of Type 2 diabetes. SDFI is free to all participants.

## PROGRAM GOALS

SDFI helps participants achieve moderate weight loss by eating well and being active.

By the end of the first six months, the overall goal is to:

- Lose at least 5 to 7% percent of your starting weight.
- Get at least 150 minutes of physical activity each week.

By the end of the second six months, the goal is to:

- Keep off the weight you have lost.
- Keep working toward your wellness goal.
- Continue getting at least 150 minutes of activity each week.



### MAKE HEALTHY CHOICES.

If you believe you may be at risk for type 2 diabetes, please visit our website and take an online Risk Assessment, or register for a "Session Zero" introductory session to learn more about how we may help you delay or prevent Type 2 Diabetes.



For more information

Southeast Diabetes Faith Initiative

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