

Are You at Risk for Type 2 Diabetes?

The CWRU Department of Nutrition is offering the Prevent Type 2 (Prevent T2) lifestyle change program. A trained lifestyle coach and fellow participants will encourage you to make healthy changes that will last a lifetime. Program topics include food choices, physical activity, dealing with stress and coping with challenges. Participants will receive a digit scale at the start of the program and other incentives throughout the program.

A virtual information session will be held on Thursday, January 8, 2026 at 12noon. To register fill out this [google form](#).

The virtual weekly sessions will begin on Thursday, January 15, 2026 from 12noon-1pm.

Here's What Recent Successful Participants Say About Prevent T2 Program

Meet three participants who have agreed to share their success of losing weight, increasing physical activity and increasing their confidence to maintain a new, healthy lifestyle:

Ivette Noriega, PhD, Begun Center for Violence Prevention Research & Education

Lorrie Rice, Office of Research and Technology Management

Britney Nwoko, Class of 2028, Nutritional Biochemistry and Metabolism

1. How did you first hear about the diabetes prevention program and what motivated you to join?

Ivette: I saw the program in the CWRU Wellness Newsletter and decided to join after being diagnosed with a hereditary metabolic disease. I thought the timing could not be better.

Lorrie: I learned of the Diabetes Prevention Wellness Series in the Daily and the Wellness newsletter. I was motivated to participate and learn more after receiving an elevated/prediabetic A1C test result from routine blood work.

Britney: I first heard about the diabetes prevention program from the Daily. I had just been diagnosed with prediabetes and was very concerned about my health. Seeing this program after being diagnosed felt like a sign. I joined because I care about my health and wanted something to keep me more accountable.

2. What was the most impactful lifestyle change you made during the program?

Ivette: I started to look at exercise differently and focused on just having constant activity minutes throughout the day. I used to stress a lot about not going to the gym, but I found other creative ways to be active.

Lorrie: I, also, participated in the Plant Powered Challenge and the most impactful lifestyle change was incorporating a whole foods/plant-based way of eating. I started weekly food prep that involved meal planning, creating ingredient lists and cooking with new, healthy recipes.

Britney: The most impactful change I have made was tracking my calories. Currently, I don't track every day. Being more calorie-aware helped me to know how much I am eating and how to adjust, as needed.

3. How did you stay motivated throughout the year-long program?

Ivette: I loved having the accountability of my peers in my group. I always looked forward to checking in with them and the lifestyle coach.

Lorrie: Being part of the group involves meeting weekly for at least the first 6 months helped me establish a positive routine that became a successful habit. During our meetings, we were able to share both successes and failures, talk things through, give tips and encouragement and get to know each other. It became a safe space quickly. Another motivator is seeing results!

Britney: Once I started to see results, I felt motivated to continue. It felt like a challenge and I tried to stay consistent every week. It became routine quickly.

4. **What role did support—whether from family, friends, or the program—play in your success?**

Ivette: I was able to talk to others (whether in my group or my family and friends) openly and through these discussions I was able to become comfortable talking with the medical professionals in my life. Having their feedback was critical for me to understand the areas I needed help with.

Lorrie: The group was great and I consider it my main support. Their consistent encouragement and shared experiences were essential to keeping me accountable.

Britney: Support played a big role in keeping me accountable. I received a lot of support from my family and those in the program. Having people see my progress, asking how I was doing and asking how they can help with any challenges was also really motivating.

5. **If you could give one piece of advice to someone starting the program, what would it be?**

Ivette: Little progress is still progress and never be afraid to ask for help!

Lorrie: Be kind to yourself and don't give up! Incorporate small changes so you're not overwhelmed. One step at a time---you can do it!

Britney: Don't be afraid of change and know that it takes discipline. Tracking calories and exercise minutes were essential to my success.

For more information, contact Helen Dumski at hxd24@case.edu.