

CDC([DPRP](#)) vs [Utransform.org](#)

[Utransform.org](#) website follows the guidelines and suggestions of the Centers for Disease Control standards and operating procedures (see [LINK](#)). But we are not just a diabetes prevention lifestyle change program; we are a complete lifestyle change program aimed at helping people of all colors, races, genders & social standing to become metabolically healthy.

CDC Recognized Diabetes Prevention Lifestyle Change Programs

Curriculum for CDC

VS

Curriculum for Utransform.org

Topics Covered in First 6 Months

Welcome to the Program
Be a Fat and Calorie Detective
Three Ways to Eat Less Fat and Fewer Calories
Healthy Eating
Move Those Muscles
Being Active - A way of Life
Tip the Calorie Balance
Take Charge of What's Around You
Problem Solving
Four Keys to Healthy Eating Out
Talk Back to Negative Thoughts
The Slippery Slope of Lifestyle Change
Jump Start Your Activity Plan
Make Social Cues Work for You
You Can Manage Stress
Ways to Stay Motivated

Introduction to lifestyle changes
Reading labels and what to look for
How to eat less with more nutrition
The gut microbiome & foods
Why movement is necessary
Long-term lifestyle changes
It's not about calories, it's about nutrition
Be aware it's your body & life
Problem solving
Healthy eating out
How to navigate ups & downs
Lifestyle change as a habit
Start small and build up
Socializing in a healthy way
Stress management
Motivation and lifestyle change

Topics Covered in Second 6 Months

Fats - Saturated, Unsaturated, and Trans Fat
Food Preparation and Recipe Modification
Healthy Eating - Taking it One Meal at a Time
Healthy Eating with Variety and Balance
More Volume, Fewer Calories
Staying on Top of Physical Activity
Stepping up to Physical Activity
Balance Your Thoughts for Long-Term
Health: Holidays, Vacations, and Special Events
Preventing Relapse

Fats - the Good, Bad, & Ugly
Food preparation & preservation
Quick healthy meals
Variety & balance is the key
Understand what you're eating
Make activity a daily habit
Challenge yourself to keep it spicy
Long-term thinking
Healthy Holidays & Events
Once a habit always a habit

Stress and Time Management
 Heart Health
 A Closer Look at Type 2 Diabetes
 Looking Back and Looking Forward

Time management leads to less stress
 Your gut relates to your heart health
 Type 2 diabetes diagnostics
 In 1 year you won't ever want to go back

Table 1. Curriculum Topics (Core Phase: Months 1-6)

PreventT2 2021 Curriculum
Program Overview
Introduction to the Program
Get Active to Prevent T2
Track Your Activity
Eat Well to Prevent T2
Track Your Food
Get More Active
Energy In, Energy Out
Eating to Support Your Health Goals
Manage Stress
Eat Well Away From Home
Managing Triggers
Stay Active to Prevent T2
Take Charge of Your Thoughts
Get Back on Track
Get Support
Stay Motivated to Prevent T2

[LINK to full article](#)

Table 2. Curriculum Topics (Core Maintenance Phase: Months 7-12)

PreventT2 2021 Curriculum
When Weight Loss Stalls
Take a Movement Break
Keep Your Heart Healthy
Shop and Cook to Prevent Type 2
Find Time for Physical Activity
Get Enough Sleep
Stay Active Away From Home
More About Type 2
More About Carbs
Prevent Type 2 For Life!

At Utransform.org we believe if you achieve metabolic health most other health problems will begin to heal themselves. We believe our bodies are amazing living organisms with healing abilities the scientific and medical communities are still working to discover.

[JOIN US](#) IN THE QUEST TO HELP EVERYONE OBTAIN A HEALTHIER LIFESTYLE!