

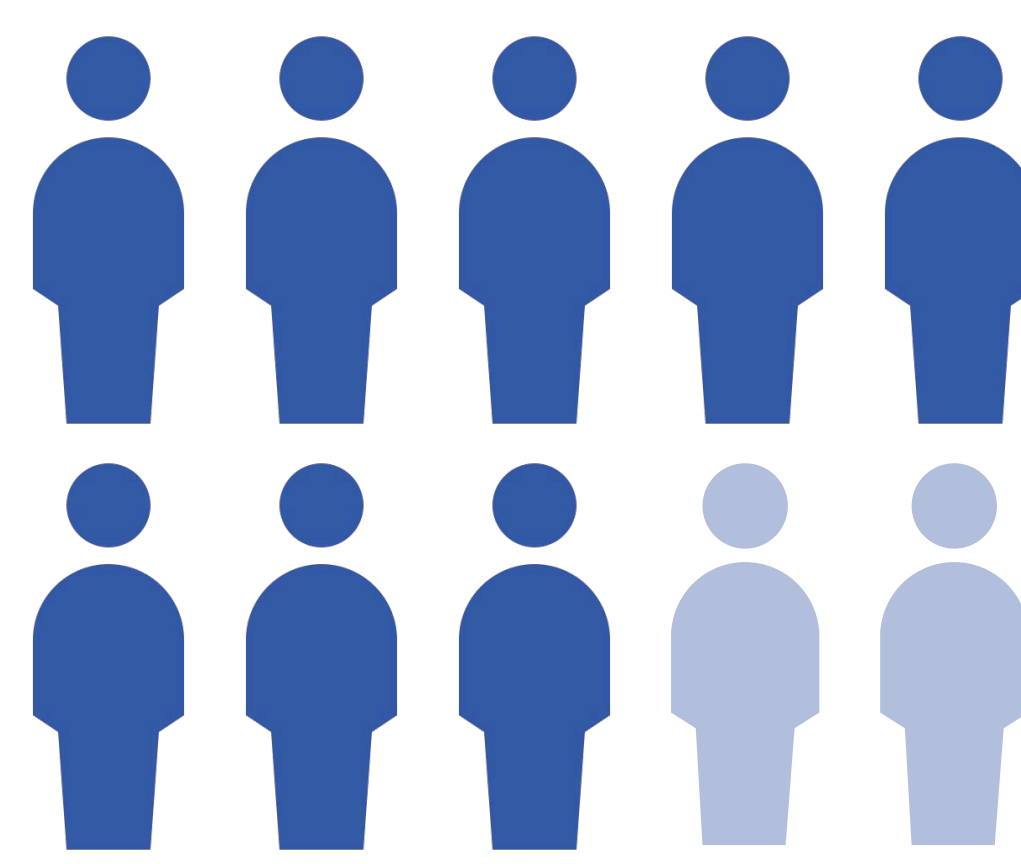
Prevent Type 2 Diabetes

Talking to your patients about lifestyle change

Threat of Prediabetes

115.2
Million

115.2 million American adults—**more than 2 in 5**—have prediabetes

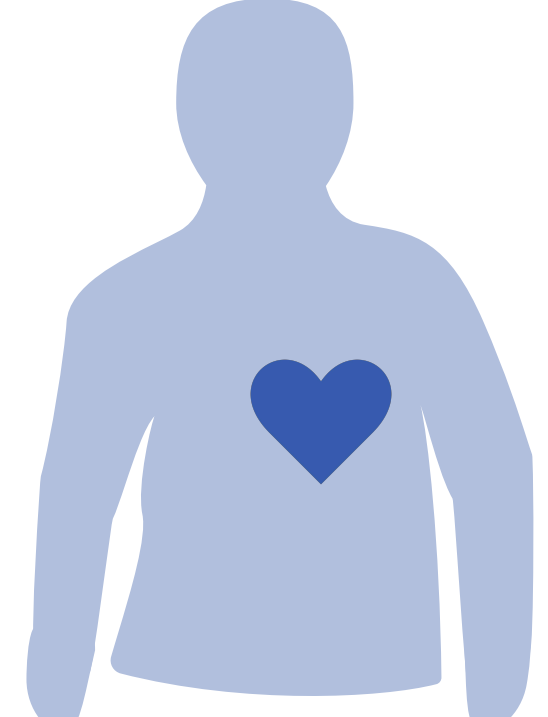


8 in 10
adults with prediabetes
don't know they have it

Prediabetes increases the risk of:



Type 2 Diabetes

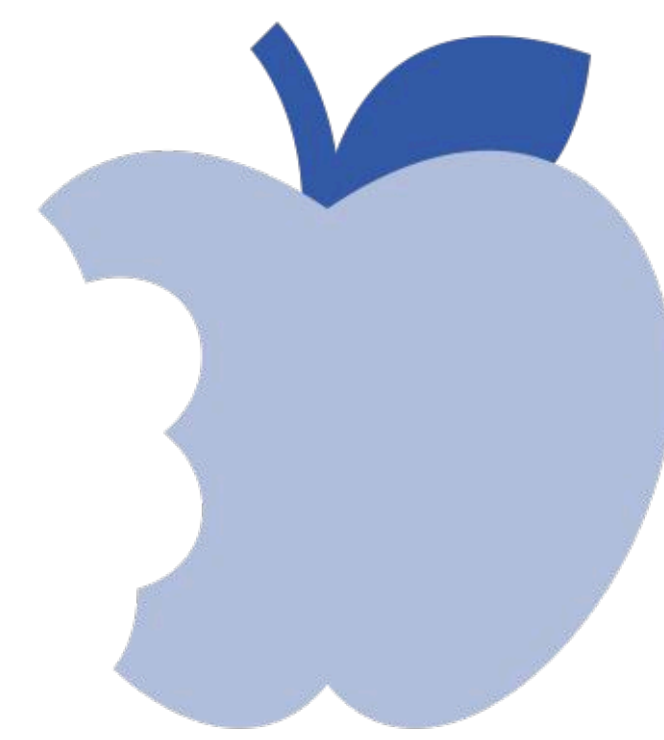


Heart Disease



Stroke

If your patients have prediabetes, losing weight by...



Eating healthy



Being more active

Can cut their risk of getting type 2 diabetes in half

Lifestyle Change Program

The lifestyle change program that is part of the CDC-led National Diabetes Prevention Program is **proven to help prevent or delay type 2 diabetes**. It is based on research that showed:

58%

58% lower incidence of type 2 diabetes **after weight loss of 5 to 7% body weight** achieved by reducing calories and increasing physical activity to at least 150 minutes per week

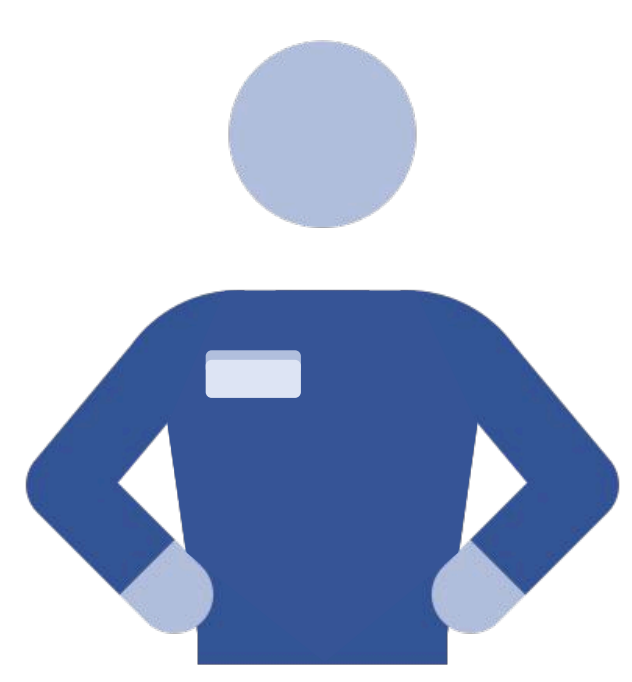
71%

71% reduced incidence of type 2 diabetes **for people 60 and older**

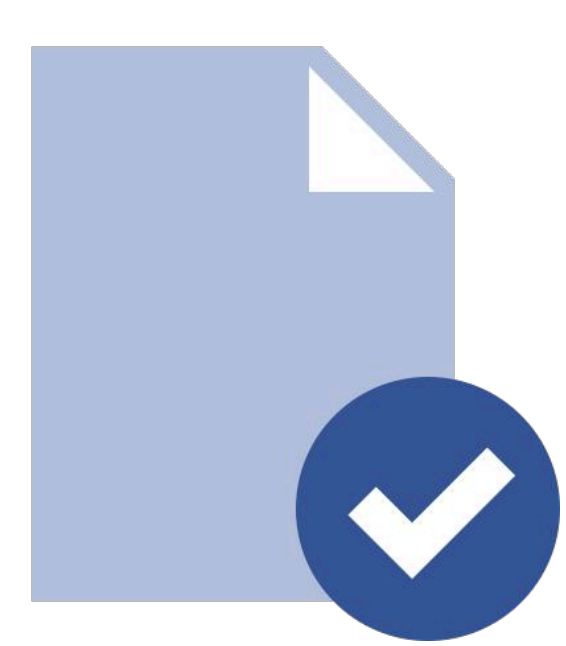
27%

27% lower incidence of type 2 diabetes in lifestyle change program participants **after 15 years**

The lifestyle change program provides:



A trained lifestyle coach



CDC-approved curriculum

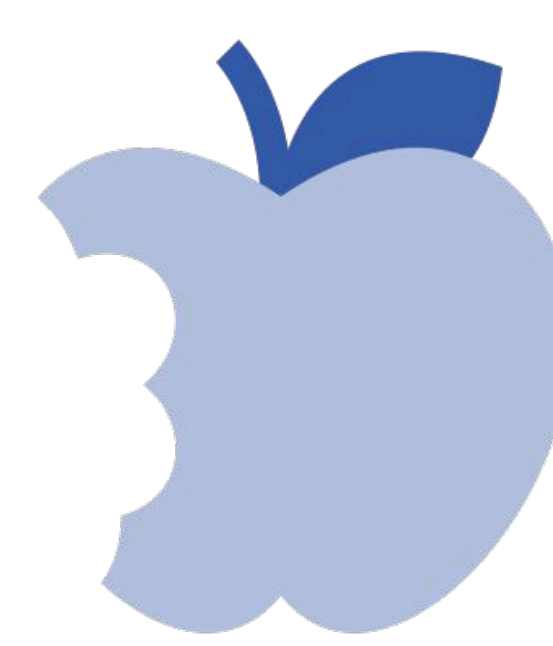


Group support over the course of a year



A full year of in-person or online meetings

Your patients will learn to make achievable and realistic life changes



Eat healthy



Manage stress



Incorporate physical activity into their daily routine



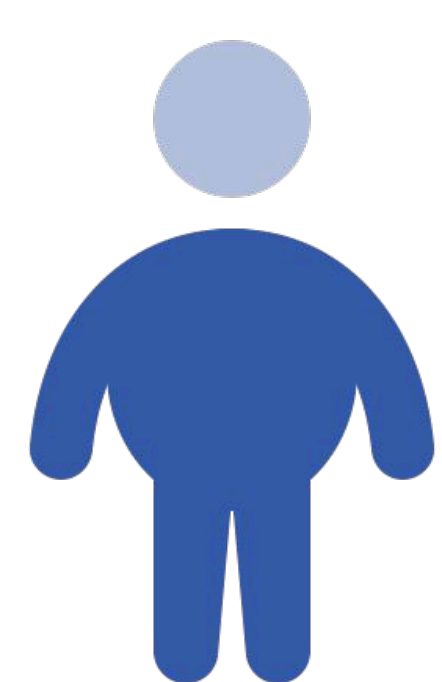
Solve problems that get in the way of healthy changes

Patient Eligibility

18+

18 years or older

and



Overweight

and



Diagnosed with prediabetes

or

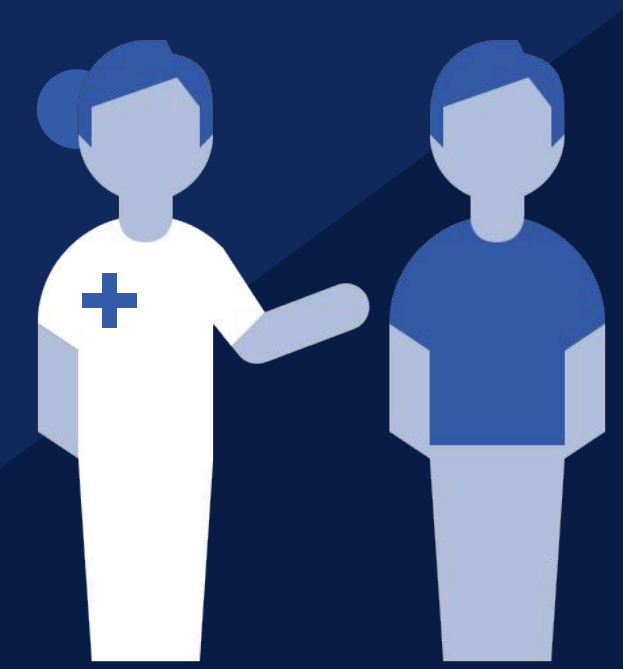


Previously diagnosed with gestational diabetes

How you can help your patients



Test your at-risk patients for prediabetes



Refer your patients with prediabetes to a CDC-approved lifestyle change program

Learn more from CDC and find an approved lifestyle change program at

www.cdc.gov/diabetes-prevention/

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention