If your patients have prediabetes, losing weight by:

- EATING HEALTHY
- BEING MORE ACTIVE

can cut their risk of getting type 2 diabetes in half.

84.1 million adults — more than 1 out of 3 — have prediabetes.

9 out of 10 people with prediabetes don’t know they have it.

Prediabetes increases the risk of:

- TYPE 2 DIABETES
- HEART DISEASE
- STROKE

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:

- Weight loss of 5 to 7% of body weight achieved by reducing calories and increasing physical activity to at least 150 minutes per week resulted in a 58% lower incidence of type 2 diabetes.
- For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%.
- After 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes.
The lifestyle change program provides:

A trained lifestyle coach  
CDC-approved curriculum  
Group support  
16 weekly meetings with monthly follow-up

Your patients will learn to make achievable and realistic lifestyle changes:

Eat healthy  
Incorporate physical activity into daily routine  
Manage stress  
Solve problems that get in the way of healthy changes

PATIENT ELIGIBILITY

18+ years and 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 to a CDC-approved lifestyle change program

Learn more from CDC and find an approved lifestyle change program at www.cdc.gov/diabetes/prevention

REFERENCES
