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:

- **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 15 years, lifestyle change program participants had a 27% lower incidence of type 2 diabetes**.

**PREVENT TYPE 2 DIABETES**

- **96 MILLION**
  - 96 million American adults — more than 1 in 3 — have prediabetes

- **MORE THAN 8 IN 10** adults with prediabetes don’t know they have it

**Prediabetes increases the risk of:**

- **TYPE 2 DIABETES**
- **HEART DISEASE**
- **STROKE**

**TALKING TO YOUR PATIENTS ABOUT LIFESTYLE CHANGE**

Adults with prediabetes don’t know they have it in more than 8 in 10 adults with prediabetes — more than 1 in 3 — have prediabetes.
The lifestyle change program provides:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support
- A full year of in-person or online meetings

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

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

PATIENT ELIGIBILITY

- 18 YEARS OLD OR OLDER
- OVERWEIGHT
- A1C 5.7% TO 6.4%
- DIAGNOSED WITH PREDIABETES
- 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](http://www.cdc.gov/diabetes/prevention)

REFERENCES


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