If your patients have prediabetes, losing weight by:

- EATING HEALTHY
- BEING MORE ACTIVE

& TALKING TO YOUR PATIENTS ABOUT LIFESTYLE CHANGE

TYPE 2 DIABETES PREVENT

Adults with prediabetes don’t know they have it

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

88 million American adults — more than 1 in 3 — have prediabetes

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
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

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 OR OLDER AND OVERWEIGHT AND DIAGNOSED WITH PREDIABETES OR PREVIOUSLY DIAGNOSED WITH GESTATIONAL DIABETES

A1C 5.7% TO 6.4%

18+ YEARS

REFERENCES


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