If your patients have prediabetes, losing weight by eating healthy and being more active can cut their risk of getting type 2 diabetes in half.

Lifestyle change program 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.

88 million American adults — more than 1 in 3 — have prediabetes. More than 8 in 10 adults with prediabetes don’t know they have it.
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
- OVERWEIGHT
- 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](http://www.cdc.gov/diabetes/prevention)

**REFERENCES**


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