Prevent Type 2 Diabetes
Talking to your patients about lifestyle change

**Threat of Prediabetes**

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

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% 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% reduced incidence of type 2 diabetes for people 60 and older.
- 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+ and
- 18 years or older and
- Overweight or
- 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

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