

# PREVENT TYPE 2 DIABETES

TALKING TO YOUR  
PATIENTS ABOUT  
LIFESTYLE CHANGE

88  
MILLION



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



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

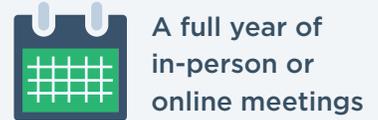


For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%



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

## The lifestyle change program provides:



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

## 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

Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2020. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2020.

The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002; 346:393-403.

Diabetes Prevention Program Research Group. Long-term effects of lifestyle intervention or metformin on diabetes development and microvascular complications over 15-year follow-up: the Diabetes Prevention Program Outcomes Study. *Lancet Diabetes Endocrinol.* 2015;3(11):866-875. doi:10.1016/S2213-8587(15)00291-0

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



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