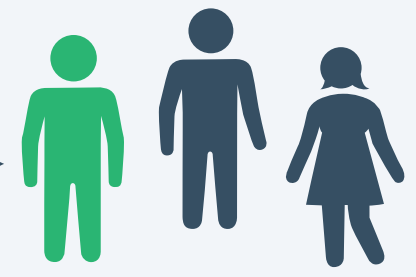


# PREVENT TYPE 2 DIABETES

TALKING TO YOUR PATIENTS ABOUT LIFESTYLE CHANGE

**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

If your patients have prediabetes, losing weight by:  **EATING HEALTHY** &  **BEING MORE ACTIVE**  
can cut their risk of getting type 2 diabetes in **HALF**

Prediabetes increases the risk of:



## 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%**

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

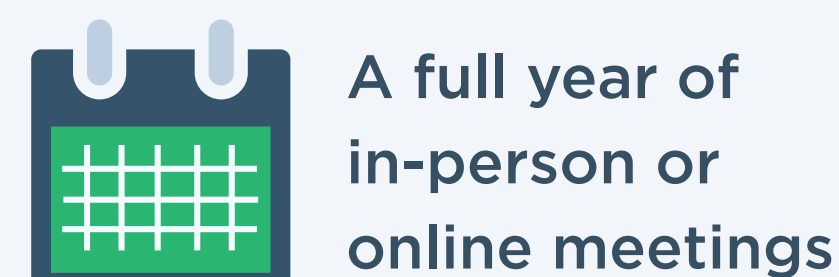
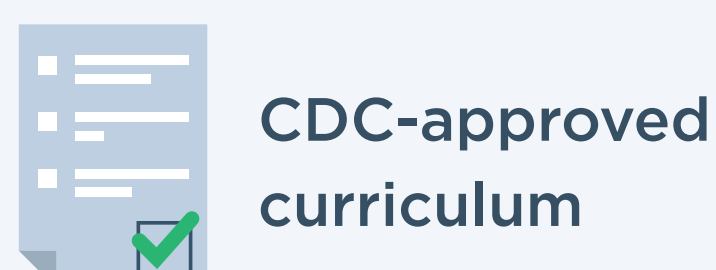
 **71%**

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

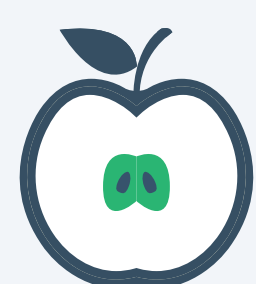
 **27%**

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

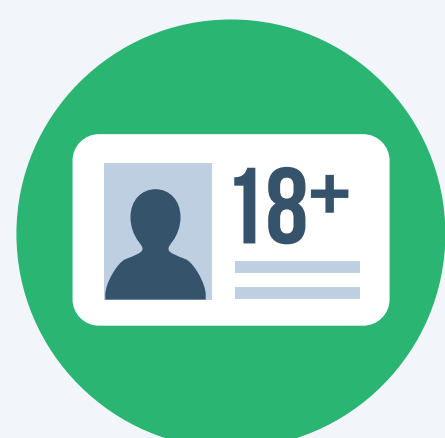


Manage stress



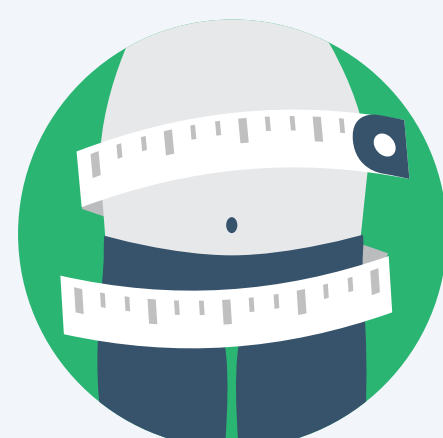
Solve problems that get in the way of healthy changes

## 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

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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.

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



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