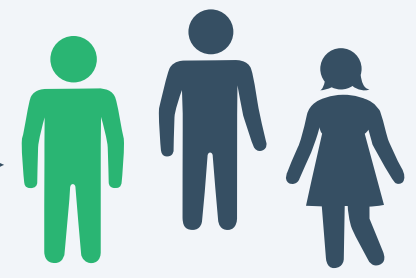
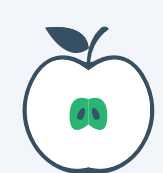



# PREVENT TYPE 2 DIABETES

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

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

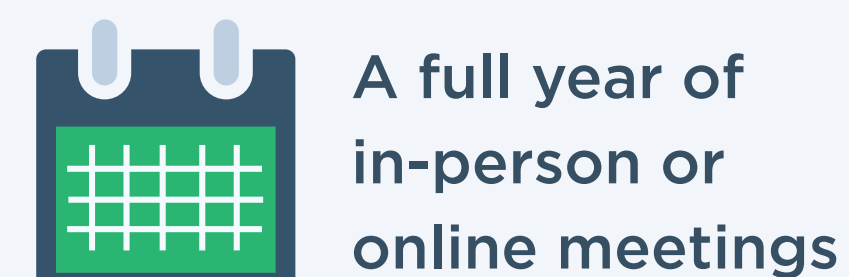
 **71%**

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

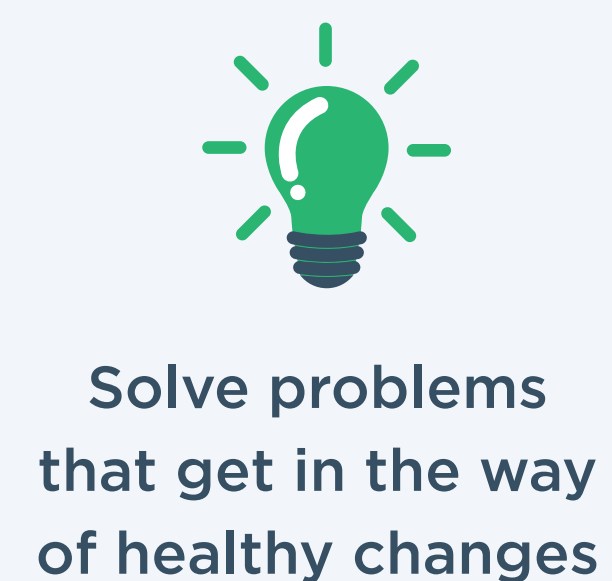
 **27%**

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

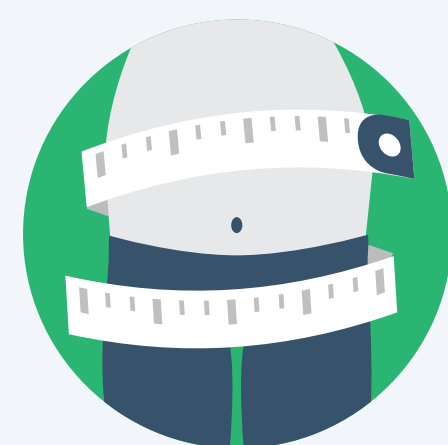


## PATIENT ELIGIBILITY



18 YEARS OR OLDER

AND



OVERWEIGHT

AND



DIAGNOSED WITH PREDIABETES

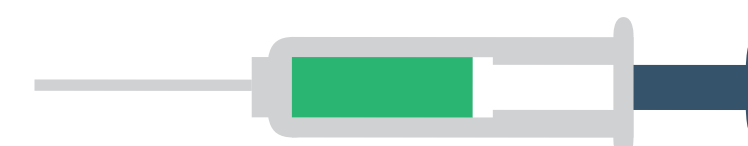
OR



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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