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:
- Type 2 Diabetes
- Heart Disease
- Stroke

84.1 million adults — more than 1 out of 3 — have prediabetes.

9 out of 10 people with prediabetes don’t know they have it.

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 10 years, lifestyle change program participants had a 34% lower incidence of type 2 diabetes.

The lifestyle change program provides:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support
- 16 weekly meetings with monthly follow-up
- Your patients will learn to make achievable and realistic lifestyle changes
  - Eat healthy
  - Incorporate physical activity into daily routine
  - Manage stress
  - Solve problems that get in the way of healthy changes

PATIENT ELIGIBILITY

- 18+ years and older
- Overweight
- A1C 5.7% to 6.4%
- Previously diagnosed with gestational diabetes

HOW YOU CAN HELP YOUR PATIENTS

**Test** your at-risk patients for prediabetes

**Refer** your patients 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)

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