TALKING TO YOUR PATIENTS ABOUT LIFESTYLE CHANGE

PREVENT TYPE 2 DIABETES

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:
- 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 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
- A full year of in-person or online meetings

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

REFERENCES

