

Diabetes Prevention Lifestyle Change Program



OVERVIEW

NATIONAL
DIABETES
PREVENTION
PROGRAM

HOW TO USE THIS BOOKLET

This booklet was designed for health care providers to use during counseling sessions with patients to provide more details on prediabetes, type 2 diabetes and joining a CDC-recognized lifestyle change program. For more information, please ask patients to visit the National Diabetes Prevention Program website at **www.cdc.gov/diabetes/prevention**.

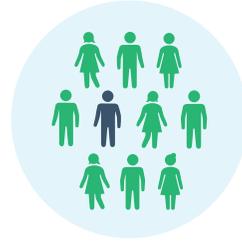
CONTENTS

Type 2 Diabetes and Prediabetes — An Overview	4
Risk Factors for Prediabetes and Type 2 Diabetes.....	6
Lifestyle Change Program Can Reduce the Risk of Type 2 Diabetes	8
Why Join a CDC-Recognized Lifestyle Change Program?	10
What to Expect in a Program Session	12
What Will It Cost to Join a Lifestyle Change Program?.....	14
Are You Eligible for a CDC-Recognized Lifestyle Change Program?	16
Learn More Online	18

Type 2 Diabetes and Prediabetes

AN OVERVIEW

Type 2 diabetes is the most common type of diabetes. About 1 in 10 people have it. When you have type 2 diabetes, your body's cells do not respond normally to insulin—a hormone that lets your cells take in sugar and use it as energy. This causes your blood sugar to rise to harmful levels and **can eventually cause other serious health problems like heart disease; vision loss; kidney disease; and loss of toes, feet, or legs.**



1^{IN}**10**
PEOPLE HAVE
TYPE 2 DIABETES

Prediabetes means your blood sugar is higher than normal but not high enough yet to be diagnosed as diabetes. About 1 in 3 people have this condition. Having prediabetes is serious. It **puts you at higher risk for type 2 diabetes as well as heart disease and stroke.**



1^{IN}**3**
PEOPLE HAVE
PREDIABETES

THE GOOD NEWS:

**Prediabetes and type 2 diabetes
can be prevented!**

Risk Factors for Prediabetes and Type 2 Diabetes

You may have prediabetes and be at risk for type 2 diabetes if you have the following risk factors:



Are overweight



Are 45 years or older



Have a parent, brother, or sister with type 2 diabetes



Are physically active less than 3 times a week



Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed more than 9 pounds

Race and ethnicity are also a risk factor: African Americans, Hispanic/Latino Americans, American Indians, Alaska Natives, and some Pacific Islanders and Asian Americans are at higher risk.

Lifestyle Change Program Can Reduce the Risk of Type 2 Diabetes

If you have prediabetes, getting type 2 diabetes doesn't have to be a sure thing.

Joining a CDC-recognized diabetes prevention lifestyle change program—part of the National Diabetes Prevention Program or National DPP—can help you prevent or delay type 2 diabetes.



And the work you put into the program will pay off. Studies have shown that a CDC-recognized program can cut your risk of type 2 diabetes by 58 percent and up to 71 percent for people aged 60 and older.

The program works so well, in fact, that Medicare now covers the cost for eligible participants who have Medicare Part B and join a program offered by a Medicare supplier.

Why Join a CDC-Recognized Lifestyle Change Program?

The program gives you:

- A full year of support to make lasting lifestyle changes that improve your overall health and reduce the risk of type 2 diabetes
- A CDC-approved curriculum
- A trained lifestyle coach and support from other participants
- Weekly 1-hour meetings for up to 6 months, then monthly meetings for the rest of the year

Benefits you can expect:

- Lose 5 to 7 percent of your body weight
- Feel healthier and have more energy to do what you love
- Even manage other conditions like high blood pressure or high cholesterol with fewer medications

LEARN TO:



Eat healthy



**Fit activity into
your routine**



**Cope with
stress**



**Overcome
challenges**



**Stick with
lifestyle changes**

What to Expect in a Program Session



Each week, when you walk in the door of a CDC-recognized lifestyle change program (or log-in online):

- A friendly lifestyle coach will greet you.
- You'll meet a group of other people like you.
- Your coach will do a private weigh-in and review your food log.
- Your group will discuss a topic that will help you make healthy changes—like how to shop smart at the grocery store, fit exercise into a busy schedule, and manage temptations at parties.
- You'll set goals and make a plan to achieve them.
- Group members will share experiences and ideas to learn from one another and problem solve together.
- You'll receive handouts and other resources to help you meet your goals.

What Will It Cost to Join a Lifestyle Change Program?

The cost of the CDC-recognized lifestyle change program can vary depending on the organization that offers it and on your insurance.

If you have health insurance other than Medicare Part B, check with your insurance provider to see if they cover the program.



If you have Medicare Part B and join a program covered by Medicare—sometimes called the Medicare Diabetes Prevention Program or Medicare DPP—there are no out-of-pocket costs. The program is free!

Are You Eligible for a CDC-Recognized Lifestyle Change Program?

NATIONAL ★ DPP ★

To enroll in a **National DPP lifestyle change program**, you must:

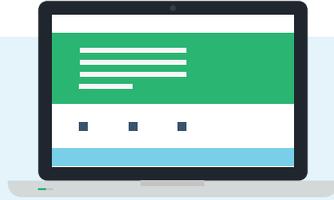
- Be at least 18 years old AND
- Be overweight (body mass index of at least 25; 23 if Asian) AND
- Have no previous diagnosis of type 1 or type 2 diabetes AND
- Have results from one of three blood tests conducted within one year before the program:
 - Hemoglobin A1c test: 5.7%–6.4%
 - Fasting plasma glucose test: 100–125 mg/dL
 - Two-hour plasma glucose test (after a 75 gm glucose load): 140–199 mg/dL OR
- Be previously diagnosed with gestational diabetes OR
- Have a positive screening for prediabetes on the CDC Prediabetes Screening Test at www.cdc.gov/prediabetes/takethetest

MEDICARE + DPP +

To enroll in **Medicare DPP**, you must:

- Have Medicare Part B coverage AND
- Be overweight (body mass index of at least 25; 23 if Asian) AND
- Have no previous diagnosis of type 1 or type 2 diabetes, with the exception of gestational diabetes AND
- Have results from one of three blood tests conducted within one year before the program:
 - Hemoglobin A1c test: 5.7–6.4% or
 - Fasting plasma glucose test: 110–125 mg/dL
 - Two-hour plasma glucose test: 140–199 mg/dL AND
- Not have end-stage renal disease AND
- Not have received Medicare DPP services previously

Learn More Online



VISIT

www.cdc.gov/diabetes/prevention/

to review this information and find a lifestyle change program near you.



The reference card will remind you of the relevant content we talked about today.



