PREVENT TYPE 2 DIABETES

84.1 MILLION

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

If your patients have prediabetes, losing weight by:

- EATING HEALTHY
- BEING MORE ACTIVE

can cut their risk of getting type 2 diabetes in half

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
- 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 AND overweight
- Diagnosed with prediabetes
- 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

**REFERENCES**


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