

# Prevent Type 2 Diabetes

Talking to your **patients** about lifestyle change

## Threat of Prediabetes

98  
Million

98 million American adults—**more than 1 in 3**—have prediabetes



**More than 8 in 10**  
adults with prediabetes  
**don't know they have it**

Prediabetes increases the risk of:



Type 2 Diabetes

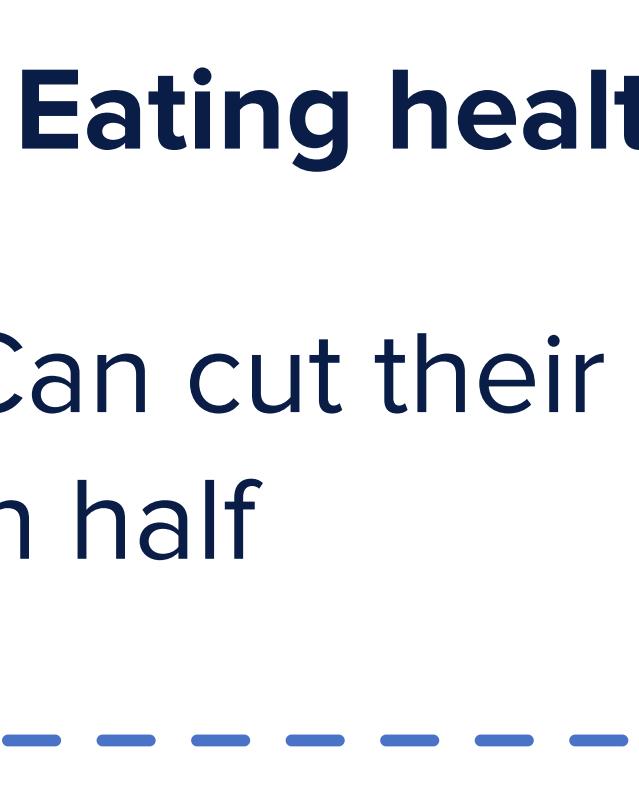


Heart Disease



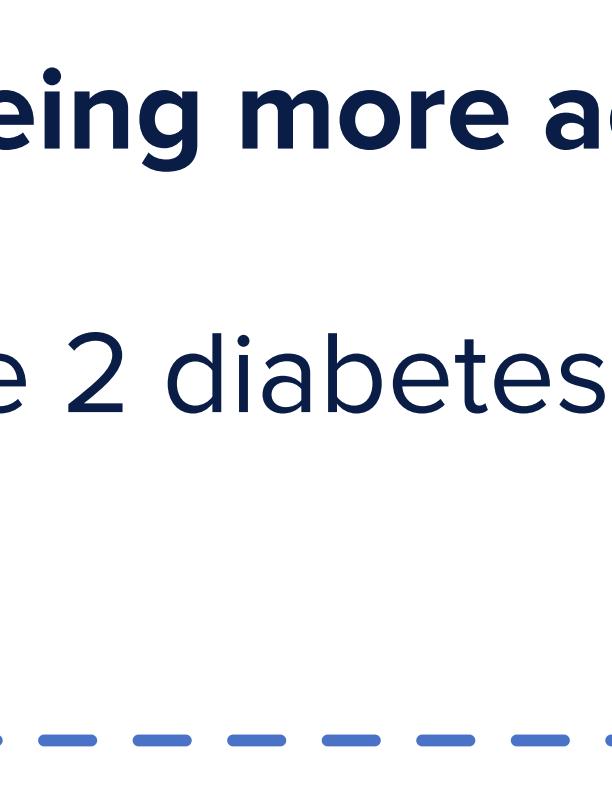
Stroke

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:

58%

58% lower incidence of type 2 diabetes **after weight loss of 5 to 7% body weight** achieved by reducing calories and increasing physical activity to at least 150 minutes per week

71%

71% reduced incidence of type 2 diabetes **for people 60 and older**

27%

**27% lower incidence of type 2 diabetes** in lifestyle change program participants **after 15 years**

The lifestyle change program provides:



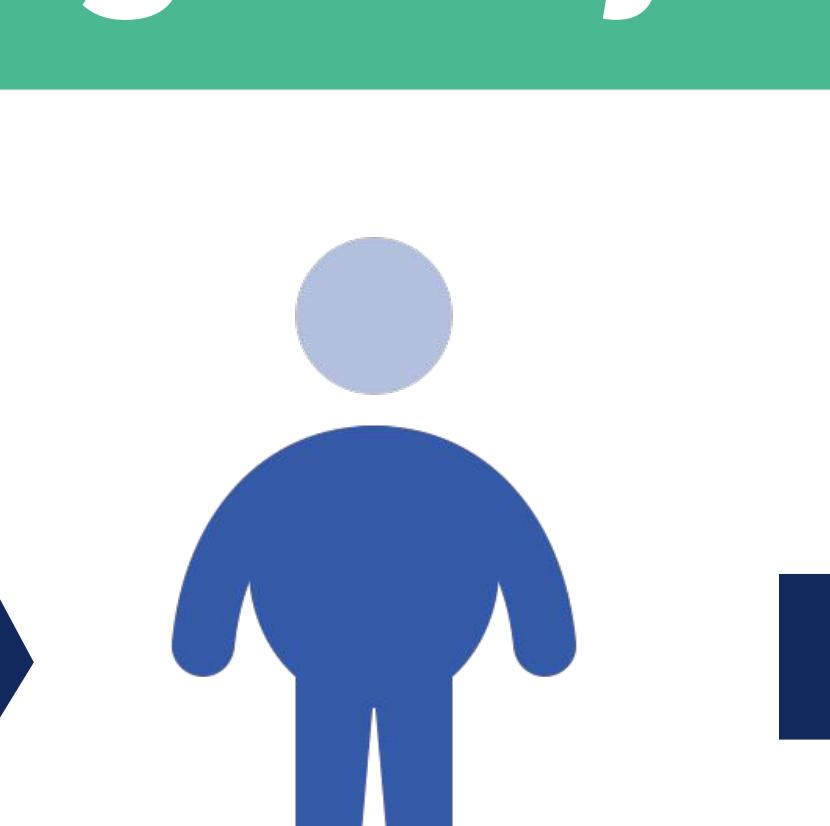
A trained lifestyle coach



CDC-approved curriculum

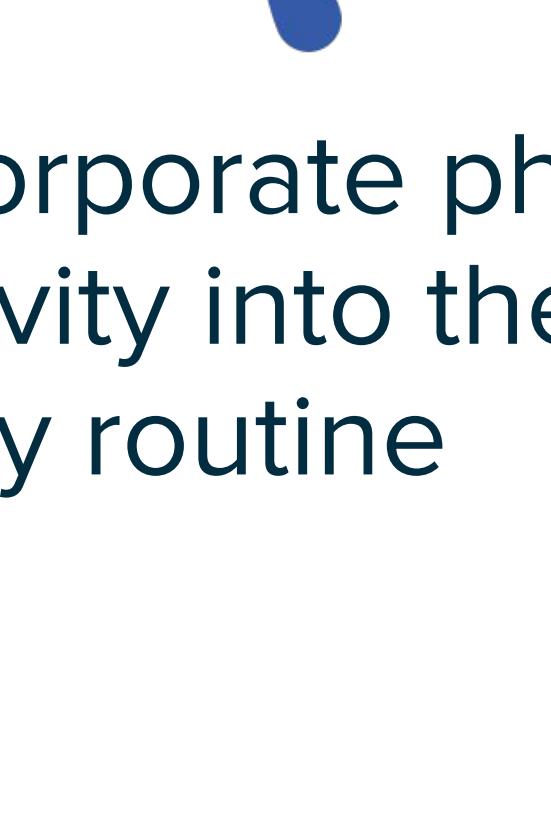


Group support over the course of a year

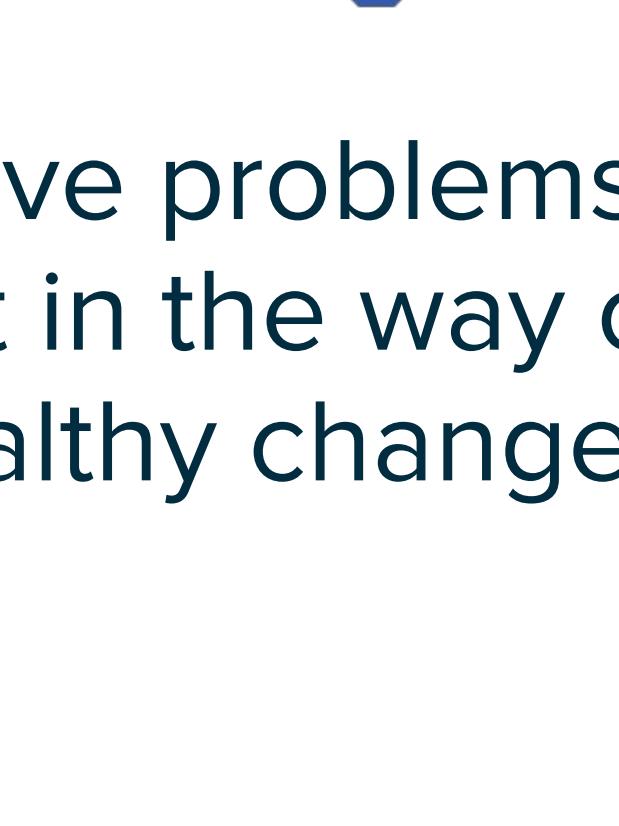


A full year of in-person or online meetings

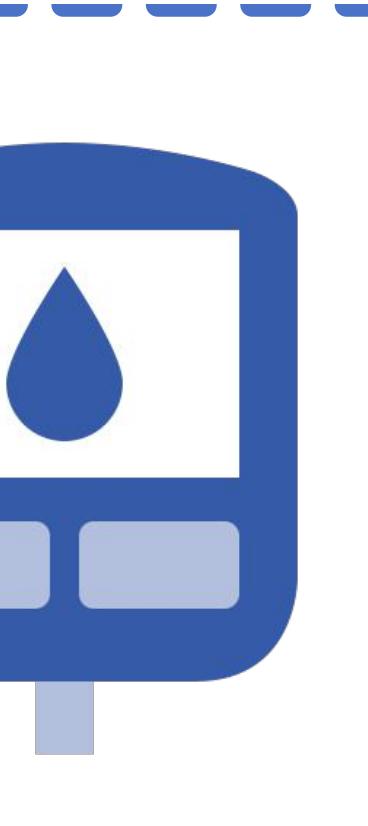
Your patients will learn to make achievable and realistic life changes



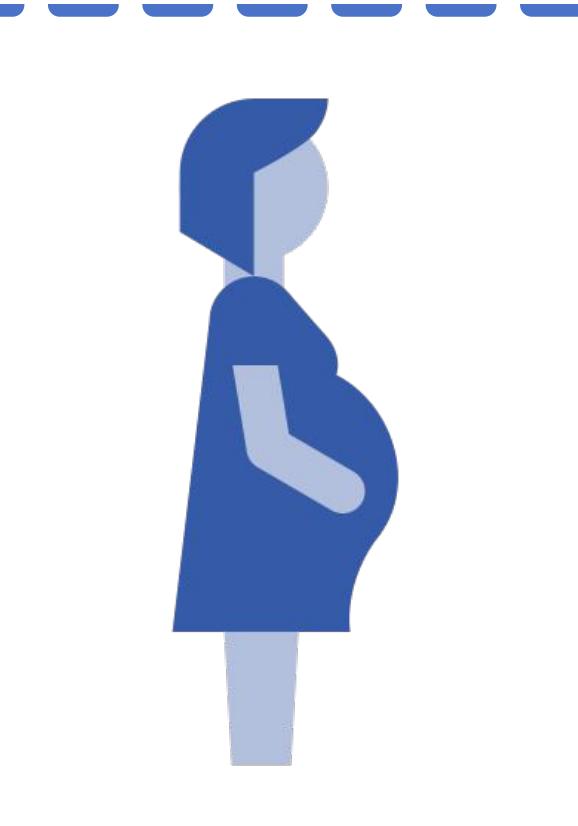
Eat healthy



Manage stress



Incorporate physical activity into their daily routine



Solve problems that get in the way of healthy changes

## Patient Eligibility

18+

and



and

18 years or older

Overweight



or



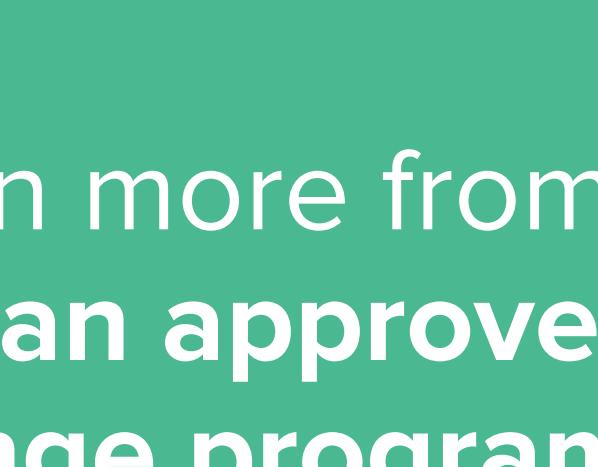
Diagnosed with prediabetes

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/)