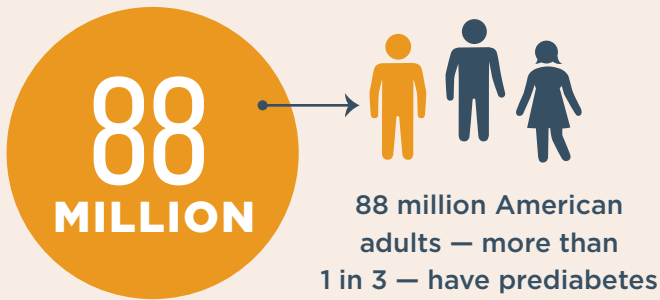


PREVENT TYPE 2 DIABETES

TALKING TO YOUR
PATIENTS ABOUT
LIFESTYLE CHANGE



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

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



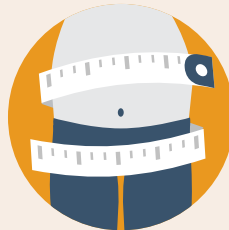
Solve problems that get in the way of healthy changes

PATIENT ELIGIBILITY



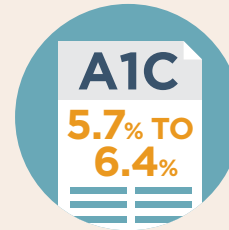
18 YEARS OR OLDER

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

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



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention