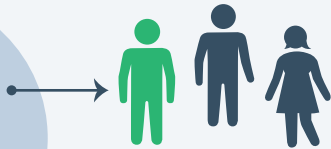


PREVENT TYPE 2 DIABETES

TALKING TO YOUR
PATIENTS ABOUT
LIFESTYLE CHANGE

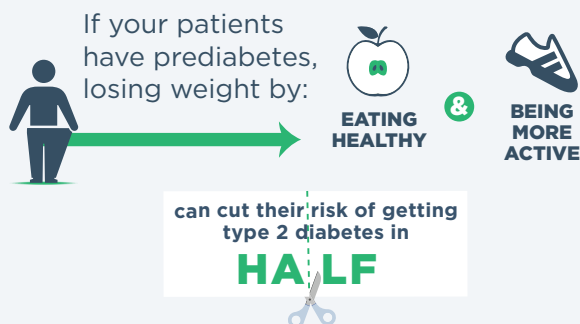
88
MILLION



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



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:



58%

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



71%

For people 60 and older, the program reduced the incidence of type 2 diabetes by 71%



27%

After 15 years, lifestyle change program participants had a 27% 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

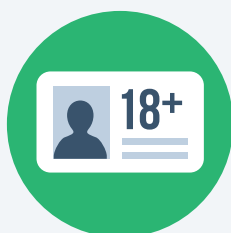


Manage stress



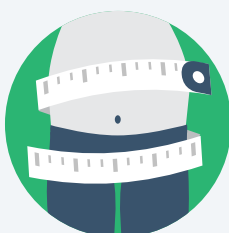
Solve problems
that get in the way
of healthy changes

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

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Diabetes Prevention Program Research Group. Long-term effects of lifestyle intervention or metformin on diabetes development and microvascular complications over 15-year follow-up: the Diabetes Prevention Program Outcomes Study. *Lancet Diabetes Endocrinol*. 2015;3(11):866-875. doi:10.1016/S2213-8587(15)00291-0

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