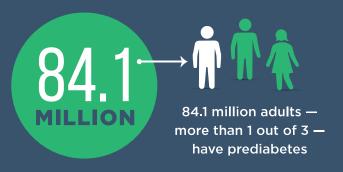
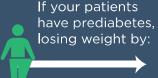
PREVENT TYPE 2 DIABETES

TALKING TO YOUR
PATIENTS ABOUT
LIFESTYLE CHANGE





people with prediabetes don't know they have it







Prediabetes increases the risk of:







can cut their risk of getting type 2 diabetes in half

ALF

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:





CDC-approved curriculum





16 weekly meetings with monthly follow-up

Your patients will learn to make achievable and realistic lifestyle changes





Incorporate physical activity into daily routine



Manage stress



Solve problems that get in the way of healthy changes

PATIENT ELIGIBILITY



AND OLDER

AND



OVERWEIGHT



DIAGNOSED
WITH PREDIABETES

5.7% TO



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

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