



PREVENT TYPE 2 DIABETES

TALKING TO YOUR
PATIENTS ABOUT
LIFESTYLE CHANGE

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



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%



34%

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

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

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 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

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.

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

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