

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.

