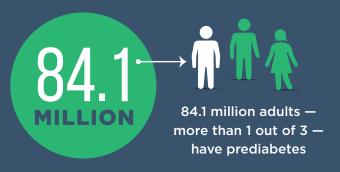
# PREVENT TYPE 2 DIABETES

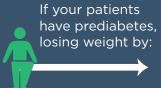
TALKING TO YOUR
PATIENTS ABOUT
LIFESTYLE CHANGE





OF people don't I

people with prediabetes don't know they have it





can cut their risk of getting



Prediabetes increases the risk of:







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%



34%

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





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.

Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at http://wonder.cdc.gov/ucd-icd10.html on April 4, 2017.

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