

## How can you prevent type 2 diabetes in your patients?

More than **88 million** adults in the U.S. have prediabetes, but



8 out of 10

of them don't know they have it.

**Screen** your patients for risk factors for type 2 diabetes:



Being overweight



Family history of type 2 diabetes



Being physically inactive



History of gestational diabetes



Being older than 45



Polycystic ovary syndrome (PCOS)

**Test** your patients for prediabetes using one of the following methods:

Hemoglobin A1C 5.7–6.4%

Fasting plasma glucose 100–125 mg/dL Two-hour plasma glucose (after a 75 gm glucose load)
140–199 mg/dL

**Refer** your patients to a CDC-recognized lifestyle change program to prevent type 2 diabetes. These programs are:

- Evidence-based
- Led by a lifestyle coach trained to use a CDC-approved curriculum
- Proven effective for both men and women and individuals from all participating racial and ethnic groups

To find CDC-recognized programs in your area, visit <a href="nccd.cdc.gov/DDT\_DPRP/Registry.aspx">nccd.cdc.gov/DDT\_DPRP/Registry.aspx</a>.

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