

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



Being physically inactive



Being older than 45



Family history of type 2 diabetes



History of gestational diabetes



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 nccd.cdc.gov/DDT_DPRP/Registry.aspx.