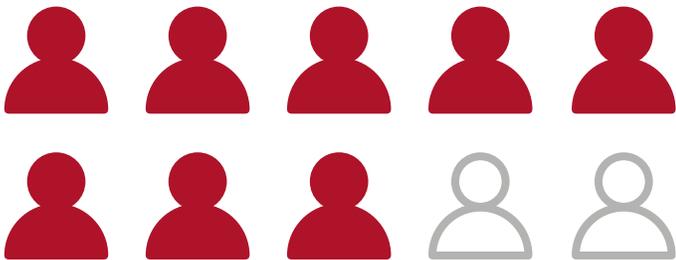


Help the people you treat prevent type 2 diabetes

Nearly **98 million** adults in the U.S. have prediabetes, but



8 out of **10**
of them don't know they have it.

Screen the people you treat for the risk factors of type 2 diabetes:



Overweight
or obesity



Physically
inactive



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 all participants

To find CDC-recognized programs in your area, visit nccd.cdc.gov/DDT_DPRP/Registry.aspx.

This publication was supported by Cooperative Agreement Number NU58DP006364-03-00, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.