

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.

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