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 [ncd.cdc.gov/DDT_DPRP/Registry.aspx](http://ncd.cdc.gov/DDT_DPRP/Registry.aspx).

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