Evidence-Based Lifestyle Change Programs to Prevent or Delay Type 2 Diabetes

Research shows DPP-based/CDC-recognized lifestyle change programs are effective at preventing or delaying type 2 diabetes.

Diabetes onset is expected to be delayed by 11.1 years with the lifestyle change program compared to 3.4 years with metformin.¹

People who lost between 5% and 7% of their body weight had a 58% lower incidence of type 2 diabetes.²

A total of 5% of participants developed diabetes compared to 11% of group members who received a placebo instead.³

The program has lasting results, showing that participants had a 34% lower rate of type 2 diabetes 10 years after they had completed the program.⁴

Screen your patients for prediabetes using the ADA’s Type 2 Diabetes Risk Test: diabetes.org/myrisk
Test your patients for prediabetes using one of three blood tests: diabetes.org/a1c/diagnosis
Refer them to an evidence-based lifestyle change program recognized by the CDC: nccd.cdc.gov/DDT_DPRP/Registry.aspx

³ Ibid.
⁴ Ibid.