

What is prediabetes?

Prediabetes is a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as type 2 diabetes.

1 in **3** adults in the U.S.
has prediabetes

Why does prediabetes matter to me?

If you have prediabetes, you may have a greater risk of developing type 2 diabetes, as well as other medical conditions.

I feel fine, though.

Certain risk factors can increase your chances of having prediabetes.

How do I find out if I have prediabetes?

Prediabetes is diagnosed through a blood test. Your doctor can tell you more and order the best test for you.

Okay, now what?

The good news is that prediabetes is treatable and you *can* lower your risk of developing type 2 diabetes.

Your treatment options can include the evidence-based National Diabetes Prevention Program (National DPP) lifestyle change program, medication or medical nutrition therapy.

Get tested for prediabetes—talk with your doctor today.

The National Diabetes Prevention Program lifestyle change program

The National DPP lifestyle change program offers an evidence-based approach to treating prediabetes. Through the program, which is offered virtually or in person, you'll take small, manageable steps that add up to lasting lifestyle changes to prevent or delay type 2 diabetes. The Centers for Disease Control and Prevention developed the curriculum and requires all lifestyle change programs to follow certain quality standards.

The program encourages you to make a commitment to improving your health. You will learn to:



Increase your physical activity



Eat healthy



Manage stress



Overcome challenges to change

Changing my lifestyle seems like a lot for me to manage. How do I know I can handle this?

The program supports you every step of the way:

- You get a trained lifestyle coach to help you lose at least 5 percent of your weight.
- You develop a personal action plan to help you achieve your goals. You also have group support from other participants in the program.
- You attend sessions about once a week for the first few months, then once a month to keep your motivation going strong.



Group support



CDC-approved curriculum



Specially trained lifestyle coach



16 weekly sessions, followed by monthly maintenance sessions

If you are ready to start making healthy changes, ask your doctor for a referral to a CDC-recognized program.

