Why participate in a diabetes prevention program?

What is prediabetes?
A condition in which blood glucose or hemoglobin A1C (HbA1C) levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes.

1 of 3 ADULTS IN THE U.S. HAS PREDIABETES
1 in 2 age 65+

The good news is that there's a program that can help you.

The National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), uses a method proven to prevent or delay type 2 diabetes.

Why act now?
You are at higher risk of developing type 2 diabetes in the future.

Compared to people without diabetes, those with diabetes are:

- 100% more likely to develop hypertension
- 80% more likely to be hospitalized for heart attack
- 50% more likely to be hospitalized for a stroke
- 70% more likely to die from heart disease or stroke

What is a lifestyle change program?

Increased physical activity
150 minutes/week

Healthy eating

Stress management & behavior modifications

Achieve minimum 5% of body weight loss

First 6 months
weekly curriculum

Next 6 months
meet once/twice a month for maintenance

Reduce chance of getting diabetes by 58%

*These BMI levels reflect eligibility for the National DPP as noted in the CDC Diabetes Prevention Recognition Program Standards and Operating Procedures. The American Diabetes Association (ADA) encourages screening for diabetes at a BMI of ≥ 23 for Asian Americans and ≥ 25 for non-Asian Americans, and some programs may use the ADA screening criteria for program eligibility. Please check with your diabetes prevention program provider for their specific BMI eligibility requirements.

Referral Rx – Lifestyle change program

Name

Date (DD/MM/YYYY) Date of birth (DD/MM/YYYY)

I recommend that you participate in the Diabetes Prevention Program based on the following criteria:

- BMIs _____ (≥ 24, if Asian ≥ 22*)
- A1c: 5.7–6.4%
- Fasting plasma glucose: 100-125mg/dL
- Oral tolerance levels: 140-199mg/dL
- History of gestational diabetes

Print name of medical professional

Signature

Care team contact info

I recommend that you enroll in the Diabetes Prevention Program offered by:

Prevent Diabetes STAT | Screen / Test / Act Today™