

# 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



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

First 6 months  
weekly curriculum

Next 6 months  
meet once/twice a month for maintenance

Achieve minimum 5% of body weight loss

Reduce chance of getting diabetes by 58%

## 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:

- BMI= \_\_\_\_\_ (≥ 24, if Asian ≥ 22\*) and
  - A1c: 5.7–6.4%
  - Fasting plasma glucose: 100-125mg/dL
  - Oral tolerance levels: 140-199mg/dL
- or
- 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: \_\_\_\_\_



\*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.