

# So you have prediabetes... now what?

## Start changing your daily habits.

Simple changes to your daily habits can lower blood glucose in people with prediabetes. These changes can delay—and even prevent—the onset of type 2 diabetes and other problems.



### Be more physically active each day

Aim for 150 minutes of activity per week—or about 30 minutes, five days a week.



### Make healthy food choices

Eat vegetables, fruits and whole grains, and remember to watch your portion sizes.



### Lose a little weight

Losing between 5 percent and 7 percent of your total weight can make a difference. Here are some examples of how much to lose:

#### If you weigh...

#### 150 lbs.

Try to lose  
7–10 lbs.

#### 200 lbs.

Try to lose  
10–14 lbs.

#### 250 lbs.

Try to lose  
12–17 lbs.

### What are your treatment options?

- National Diabetes Prevention Program (National DPP) lifestyle change program
- Medical nutrition therapy
- Medication

The National DPP lifestyle change program can help prevent or delay type 2 diabetes.

# 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, 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**

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

# DIABETESFREE NC

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