

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.

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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.

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