

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 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 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.

