



## Frequently asked questions

Below you will find some suggestions and guidance pertaining to frequently asked questions about prediabetes and the National Diabetes Prevention Program (National DPP) lifestyle change program. While these responses represent a great place to start your conversation, we also recommend addressing the following items with your clinical care team prior to beginning outreach to your eligible patients:

**1**

Determine if/how you will handle outreach to patients who may not know they have prediabetes.

**2**

Have answers specific to your organization's National DPP lifestyle change program. Or, if you are referring your patient to another organization's National DPP lifestyle change program, have its contact information ready and available.

**3**

Have a method to connect patients back to their physician or care team if they have questions.

### Questions pertaining to prediabetes

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#### What is prediabetes?

Prediabetes is a condition in which blood glucose (sugar) levels are higher than normal but not high enough to be diagnosed as diabetes. Many adults have prediabetes; however, the majority of those who have prediabetes don't know they have it.

Having prediabetes can put you at a higher risk for developing type 2 diabetes and other serious health problems.

#### What causes prediabetes?

The exact cause of prediabetes is unknown; although, there are known risk factors, such as having a family history of type 2 diabetes, having certain medical conditions, or having a BMI that is categorized as overweight or obese.

#### How is prediabetes diagnosed?

Prediabetes can be diagnosed through a blood test. Your physician can help determine what blood test is right for you and let you know what your results show.

#### What are the signs and symptoms of prediabetes? Is prediabetes dangerous?

Prediabetes often does not have any signs or symptoms and many people don't even know they have it. Prediabetes is not a life-threatening condition but having it increases the risk of developing type 2 diabetes along with other medical conditions like high blood pressure, stroke and heart attack. Although not every patient with prediabetes will have these health problems or progress to type 2 diabetes, the risk can be reduced by participating in a National DPP lifestyle change program, which helps patients make long-term healthy lifestyle changes.

### Questions pertaining to the National Diabetes Prevention Program lifestyle change program

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#### Is this program just about losing weight and exercising?

While weight loss is a goal of this program, the program is not just about a specific diet or exercise program. The National DPP lifestyle change program was designed by the Centers for Disease Control and Prevention to help people make more informed choices and make lasting changes in their lives. You will not be told to do specific exercises or to join a gym, but you will learn to try new things, share your experiences with others and build new habits. You will also learn how to improve your overall health and, in doing so, reduce your risk of developing type 2 diabetes.

## How long is the program?

The program runs for 12 months.

- During the first six months of the program, you will meet about once a week.
- During the second six months, you'll meet once or twice a month.

You may think you learned enough in the first six months and can skip the second half of the program. But you'd be cheating yourself!

Making lifestyle changes is an ongoing process. Staying in the program for the full year is essential to help you stick to new habits and avoid slipping back into old habits. And, if you are having trouble reaching your goals in the first six months, your program's lifestyle coach is there to offer support as are your fellow participants.

## Will this program tell me how to cook and eat better?

A specially trained lifestyle coach will provide handouts and other resources while helping you learn new skills that include cooking healthier and being more physically active. But the program is so much more than that.

Your lifestyle coach will help you set and meet goals (along with the other members participating in the program with you), and help everyone stay motivated. The lifestyle coach will also make sure the program is fun and engaging.

You will be supported by a group of people with similar goals and challenges for lifestyle change. There will be opportunities to talk with your lifestyle coach and others participating in the program between the regularly scheduled weekly meetings.

During the first half of the program, you will learn to:

- Eat healthy without giving up all the foods you love
- Add physical activity to your life even if you don't think you have time
- Manage your stress
- Cope with challenges that can derail your hard work—like how to choose healthy food when eating out
- Get back on track if you stray from your plan—everyone slips now and then

The second half of the program is about enhancing your skills and maintaining the changes you've made. These sessions will review key ideas such as tracking your food and physical activity, setting goals, staying motivated and overcoming barriers.

## What if I miss a few classes?

Class attendance is expected. We understand that sometimes missing a class cannot be avoided. Let your coach know if you can't attend a session, and your coach will work with you on completing the session activity plan and goals you missed. We are committed to helping you be successful. Your progress will be shared with your doctor who will also be on your team to help you succeed.

## What is the cost?

Many health insurance companies cover participation in the National DPP lifestyle change program. Work with your health care organization to verify your insurance or other coverage options.

We are committed to helping our patients prevent diseases such as type 2 diabetes. We know that changing behavior can be difficult, but our team is here to help you and your family.

For additional information about the lifestyle change program, review [this FAQ](https://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html) from the CDC [cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html](https://www.cdc.gov/diabetes/prevention/lifestyle-program/experience/index.html)