



84 MILLION AMERICAN ADULTS have prediabetes.

You could be one of them.

Having prediabetes means you are at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.

You could have prediabetes if you have:

- High cholesterol **or**
- High blood pressure **or**
- A parent, brother or sister with diabetes

Your risk goes up if you are also overweight, and/or over age 45.

If you have prediabetes, we can help!

Ask your doctor how you can stop diabetes before it starts.



Prevent Diabetes **STAT** | Screen / Test / Act Today™

PREDIABETES: THE FORK IN THE ROAD

Lead patients down the proper path toward diabetes prevention

Facts

100 million+ U.S. adults are living with diabetes or prediabetes¹

84 million American adults have prediabetes¹

90 percent don't know they have prediabetes¹

What happens when patients ...

Ignore prediabetes

Condition worsens and becomes
type 2 diabetes



Every organ in the body
could be affected²

100%

Increased risk of developing
hypertension^{3,*}

80%

Increased risk of being hospitalized
for a heart attack^{4,*}

70%

Increased risk of dying of heart
disease or stroke^{4,*}

2X

Greater risk for depression^{2,*}

Address prediabetes

58%

Reduced incidence of type 2 diabetes⁴



Participate in CDC-recognized diabetes
prevention lifestyle change program⁴



Learn to
eat healthy



Moderate physical activity for at least
150 minutes each week



Lose weight (at least 5–7
percent of body weight)



Improved stress management

* In comparison to people without diabetes.

Opportunities to steer patients down the right path



Check patients' blood glucose levels regularly



Prevent STAT toolkit
preventdiabetesstat.org



DoIHavePrediabetes.org
doihaveprediabetes.org



Prediabetes awareness campaign toolkit
prediabetes.adcouncilkit.org



AMA DPP Cost Saving Calculator
ama-roi-calculator.appspot.com

1. Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2017 Estimates of Diabetes and Its Burden in the United States. Atlanta GA 2017 <https://www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf>
2. Centers for Disease Control and Prevention, The Surprising Truth About Prediabetes. Atlanta GA 2018 <https://www.cdc.gov/features/diabetesprevention/index.html>
3. Gillespie CD, Hurvitz KA; Centers for Disease Control and Prevention. Prevalence of hypertension and controlled hypertension - United States, 2007-2010. MMWR Suppl. 2013;62(3):144-8.
4. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

TYPE 2 DIABETES CAN BE PREVENTED OR DELAYED.

You can help.

That bold statement can be a lifesaver for your high-risk patients who are among the 84 million adults with prediabetes (an A1c level of 5.7–6.4 percent).

Here's how to help: Visit preventdiabetesstat.org to download a free toolkit that enables physicians and care teams to:



Screen patients for prediabetes*



Refer eligible patients to a National DPP lifestyle change program



Follow patients' progress in the program

Teaching high-risk patients how to make lifestyle changes by participating in an evidence-based National Diabetes Prevention Program (DPP) is shown to prevent or delay the development of type 2 diabetes.

Screen, Test, Act – Today!

* Establishing systematic identification and referral can help you meet Quality Payment Program and Patient Centered Medical Home objectives.



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