

If you think you may be at high risk for type 2 diabetes and you want to know more:

- Take the form on the back of this brochure to your health care professional
- Ask if he or she thinks you could benefit from this program
- After the form is completed, contact the program location listed at the bottom of the form to learn more about how to enroll in the lifestyle change program

## Recommendation Form for the National Diabetes Prevention Program

This is a recommendation for an adult patient to participate in the lifestyle change program recognized or pending recognition by the Centers for Disease Control and Prevention as a part of the National Diabetes Prevention Program.

I am recommending:

\_\_\_\_\_  
(First Name) (MI) (Last Name)

enroll in the National Diabetes Prevention Program lifestyle change program based on the following eligibility criteria:

- 18 years or older
- BMI  $\geq 24$  kg/m<sup>2</sup> ( $\geq 22$  if Asian)
- Diagnosis of prediabetes or GDM based on (check one or more)
  - Fasting blood glucose (range 100 - 125 mg/dl)
  - 2-hour glucose (range 140 - 199 mg/dl)
  - HbA1c (range 5.7 - 6.4)
  - Previous GDM (may be self-reported)

## Health Care Provider Information

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

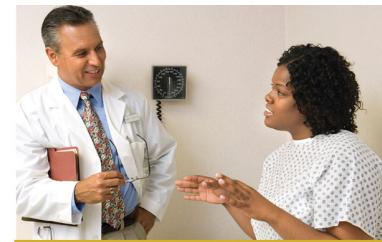
Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

\*Make a copy and provide the completed form to the patient, who may contact this local program for more information and to enroll:

**Cayuga Center for Healthy Living - 607-252-3590**  
**Human services Coalition - 607-273-8686**  
**Tompkins County Health Department - 607-274-6710**  
**YMCA of Ithaca & Tompkins County - 607-257-0101**



National  
Diabetes  
Prevention  
Program



You Can Make A Change For Life

Join the lifestyle change program to prevent type 2 diabetes



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

“This program is not a weight loss program, it is a lifestyle program. Going on a diet is not the treatment for diabetes or prediabetes, a lifestyle change is the treatment.”

-Program Participant, New York

### What Do I Need to Know about the Program?

**It works.** The program is proven to help people lose weight and lower their risk of type 2 diabetes by 58%.

**You can make a change for life.** This program helps you learn ways to change your lifestyle and improve your health. Participants meet in a group with a trained Lifestyle Coach to learn how to make modest lifestyle changes. Groups meet weekly for 16 core sessions and monthly for 6 post-core sessions.

**You don't have to do this alone.** The program will provide you with both a Lifestyle Coach and a group to support you. You will spend the year-long program with people who are facing the same challenges and trying to make the same changes as you.

**It's close by.** This program is in your local community. Look on the back of this brochure to find out where to go.

### How Do I Know if this Program is for Me?

- Are you an adult who is overweight?
- Do you have a family history of diabetes?
- Have you ever been told by a health care professional that you have prediabetes, borderline diabetes, high blood sugar, or had gestational diabetes (GDM)\* while pregnant?

If any of these are true, you may be at risk for type 2 diabetes, but there is something that you can do about it. The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life.

Take the form on the back of this brochure to your health care provider and ask about prediabetes.

\*GDM is a type of diabetes that women can get during pregnancy. It goes away after the mother gives birth, but it could mean that she is more likely to develop type 2 diabetes later in life.



### Prediabetes: The basics

There are more than 79 million Americans who have prediabetes and many do not know it.

People with prediabetes have blood glucose (sugar) levels higher than normal. The levels are not yet high enough for a type 2 diabetes diagnosis. However, people with prediabetes are more likely to get type 2 diabetes than others. Diabetes can lead to serious health complications, including heart attack, stroke, blindness, kidney failure, or loss of toes, feet or legs.

Even though prediabetes puts you at high risk, there are ways you can lower your chance of getting type 2 diabetes.

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**The lifestyle change program of the National Diabetes Prevention Program can help to reduce your chances of getting type 2 diabetes.**

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