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 provider.
- ☐ 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 ≥ 24 kg/m² (≥ 22 if Asian)
☐ Diagnosis of prediabetes or gestational diabetes
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 gestational diabetes
(may be self-reported)

Health Care Provider Information

Signature	Date
Name	
Address	
Phone	

National Diabetes Prevention Program







You Can Make A Change For Life
Join the lifestyle change program to prevent
type 2 diabetes





Healthy people in healthy places

"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

Prediabetes: The facts

One in three Washington adults have prediabetes.

Prediabetes means that blood sugar is higher than normal, but not high enough to be type 2 diabetes. If you have prediabetes your risk for getting type 2 diabetes is high.

But you can reduce your chances of getting type 2 diabetes.

The Diabetes Prevention Program can help to reduce your chances of getting type 2 diabetes.

What do I need to know about the program?

It works. The Diabetes Prevention Program is proven to help people lose weight and lower their risk of type 2 diabetes.

You can make a change for life. In the Diabetes Prevention Program you will learn how to change your lifestyle and improve your health. You will meet in a group with a trained lifestyle coach for 16 weekly sessions and six monthly follow up sessions. You will be with other people who are making the same changes that you are.

It's near you. The Diabetes Prevention Program is in your area.



How do I know if this program is for me?

- \square Are you an adult who is overweight?
- ☐ Do you have family members with diabetes?
- ☐ Have you had gestational diabetes? (women only)
- ☐ Have you ever been told you have high blood sugar, prediabetes, or borderline diabetes?

If you answered yes to any of these you may be at risk for type 2 diabetes.

What do I do now?

Take the form on the back of this brochure to your health care provider and ask them to fill it out for you.



For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY call 711).