

## PRE-DIABETES

**PRE-DIABETES** is when the blood sugar levels are higher than normal, but not high enough to be called diabetes. People with pre-diabetes are at risk of getting Type 2 diabetes.

## RISK FACTORS

- ✓ Adults who are **OVERWEIGHT** or **OBESE** are 3.5 times more likely to develop pre-diabetes.
- ✓ **MALES** are at greater risk than females.
- ✓ Adults who are **NOT PHYSICALLY ACTIVE**.
- ✓ Adults who are **45 YEARS AND OLDER**.
- ✓ Adults with **HIGH CHOLESTEROL**.
- ✓ Adults with **HIGH BLOOD PRESSURE**.
- ✓ Women who developed **GESTATIONAL DIABETES** while pregnant have a 35%-60% chance of developing Type 2 diabetes.



### 1 IN 3 ADULTS HAVE PRE-DIABETES.

Most of them do not know it. Without lifestyle changes, 15% - 30% will develop Type 2 diabetes within 5 years.

## NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

The National Diabetes Prevention Program was developed and researched by the U.S. Centers for Disease Control and Prevention. It is proven to help people with pre-diabetes make lasting lifestyle changes that decrease their risk of getting diabetes. The program is community-based and offered in nearly every county in Maine.

Do it for your family, your friends, for Maine, but mostly do it for you.  
Learn more about the National Diabetes Prevention Program in Maine by visiting

[www.ReThinkDiabetes.org](http://www.ReThinkDiabetes.org)

# facts

## NDPP

Trained lifestyle coaches offer NDPP in nearly every county in Maine.

You can find the Program at health centers, hospitals, community organizations, wellness centers and worksites.

## 24 SESSIONS

**ONE YEAR OF SUPPORT** in small groups  
16 weekly meetings + 6 monthly meetings

## NDPP GETS RESULTS

Participants who lose a modest amount of weight (between 5 – 7%) reduce their risk of developing Type 2 diabetes by 58%. That is 10 pounds for a person who weighs 200 pounds.

Even after 10 years, those who participated in NDPP had a **LOWER RATE OF TYPE 2 DIABETES**.

## WHAT CAN YOU DO TO PROMOTE NDPP?

### AS AN EMPLOYER:

- Talk to your health insurance plan about covering the National Diabetes Prevention Program as a health benefit.
- Offer NDPP to your employees.
- Support and promote lifestyle changes to your employees with pre-diabetes.

### AS A HEALTH INSURER:

- Include the National Diabetes Prevention Program in your suite of covered health benefits.
- Promote the National Diabetes Prevention Program to your members.

### AS A HEALTHCARE PROVIDER:

- Talk to your clients about their risk of pre-diabetes.
- Refer your patients to the National Diabetes Prevention Program.
- Encourage your patients to participate in National Diabetes Prevention Program classes.

### AS A MAINER:

- Talk to your doctor about your risk of pre-diabetes.
- Attend and encourage your family to attend National Diabetes Prevention Program classes.
- Eat healthy foods and become more active.



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner