

# "Small Steps. Big Rewards. Prevent type 2 Diabetes"

## HHS/NDEP Diabetes Prevention Campaign



Prevent type 2 Diabetes

A message from the National Diabetes Education Program

### Hope for people at risk for diabetes

To help stem the diabetes epidemic, the National Diabetes Education Program (NDEP) has launched the "Small Steps. Big Rewards. Prevent type 2 Diabetes" campaign -a major national diabetes prevention effort. Based on the highly successful Diabetes Prevention Program (DPP), the campaign encourages people with pre-diabetes, a condition in which blood glucose levels are higher than normal but not high enough for a diagnosis of diabetes, to make modest lifestyle changes that could delay and possibly prevent the onset of the disease. By losing 5 to 7 percent of their body weight and getting 150 minutes of physical activity a week, people with pre-diabetes can cut their risk of developing type 2 diabetes by more than half. That's a weight loss of about 10 to 15 pounds in a 200-pound person and walking 30 minutes 5 days a week!

### "Small Steps" for people at risk for diabetes:

- Ask your health care provider if you should be tested for pre-diabetes.
- Discuss steps you can take to prevent diabetes.
- Order NDEP's "Small Steps. Big Rewards. GAME PLAN" booklets to help you make modest lifestyle changes.
  - in-depth information about type 2 diabetes and its risk factors
  - proven strategies to prevent diabetes
  - calorie and fat gram values of many foods, and
  - daily tracker to record and monitor progress.
- Work with your health care provider to set goals for weight loss and physical activity.

### "Small Steps" for health care providers:

- Assess your patients for pre-diabetes.
- Help patients initiate lifestyle modifications and refer them for help.
- Discuss treatment options.
- Order NDEP's "Small Steps. Big Rewards. GAME PLAN" toolkit for:
  - evidence-based information for identifying patients at risk,
  - recommended diagnostic criteria,
  - strategies to assist and motivate patients to make lifestyle modifications, and
  - a starter set of "Small Steps. Big Rewards. GAME PLAN" booklets to use with patients.

### Risk factors for diabetes

Take the first step - talk to your health care provider about your risk for pre-diabetes:

- Age: risk increases with age (especially 45 years and older)
- Overweight: Body Mass Index (BMI) 25 or higher (23 or higher if Asian American, 26 or higher if Pacific Islander) Ask your provider to calculate it for you.
- Family history of diabetes: having a parent, brother, or sister with diabetes
- Race/Ethnicity: African American, American Indian, Alaska Native, Asian American, Pacific Islander, or Hispanic American/Latino heritage
- History of Gestational diabetes: also giving birth to a baby weighing more than 9 pounds.
- Blood pressure: 140/90 or higher
- Cholesterol: HDL cholesterol less than 40 for men and less than 50 for women; triglyceride level 250 or higher
- Inactive lifestyle: exercises fewer than three times a week

**To order materials, call 1-800-438-5383 or visit the NDEP website, [www.ndep.nih.gov](http://www.ndep.nih.gov).**



Health and Human Services' NDEP, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention is the leading federal education program aimed at changing the way diabetes is treated.