

TO JOIN CDC'S NATIONAL DPP* LIFESTYLE CHANGE PROGRAM:

Meet ALL of these



18 YEARS
OR OLDER

AND



OVERWEIGHT

AND



NOT DIAGNOSED
WITH T1 OR T2
DIABETES

AND



NOT
CURRENTLY
PREGNANT

AND Meet ONE of these



DIAGNOSED
WITH
PREDIABETES

OR



PREVIOUSLY
DIAGNOSED WITH
GESTATIONAL
DIABETES

OR



HIGH-RISK RESULT
ON PREDIABETES
RISK TEST

WWW.CDC.GOV/PREDIABETES/RISKTEST

