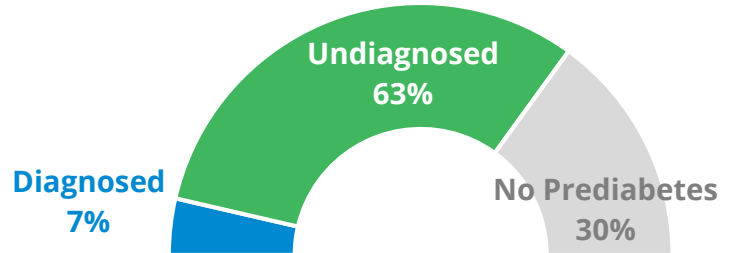


7 in **10** Vermont adults are **estimated to have prediabetes** (diagnosed and undiagnosed).^{1,2} That's about 313,000 Vermont adults.



Only **15%** of Vermont adults diagnosed with prediabetes have **attended a lifestyle change program**.²

My Healthy VT Diabetes Prevention Workshops help participants make healthy lifestyle changes.

-  **Eat healthy**
-  **Be active**
-  **Lose weight**



Patient awareness of prediabetes can increase the likelihood of making healthy behavior changes.³

My Healthy VT's Diabetes Prevention Workshop is a nationally-recognized program shown to:

Decrease risk of developing type 2 diabetes.⁴

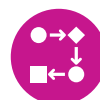
-58%

+15%
Increase in patients who report their **health is good**.²

Prevent Type 2 Diabetes in Patients



Screen for risk with the prediabetes screening test.



Test for prediabetes. Add testing to your prediabetes identification protocol.



Refer patients to your local regional coordinator for free My Healthy VT Workshops.

Find resources for your patients at:

MYHEALTHYVT.ORG

¹ Dall TM et al. Detecting type 2 diabetes and prediabetes among asymptomatic adults in the United States. *Popul Health Metr.* 2014;12(2).

² Vermont Behavioral Risk Factor Surveillance System (BRFSS), 2017.

³ Gopalan A et al. Awareness of Prediabetes and Engagement in Diabetes Risk-Reducing Behaviors. *Am J Prev Med.* 2015;49(4):512-519.

⁴ Knowler WC et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med.* 2002;346:393-403.