

# Preventing Type 2 Diabetes

*This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

The CDC is working to prevent type 2 diabetes and reduce its complications. About 24 million Americans have diabetes, and one-quarter of them don't know it. Diabetes was the seventh leading cause of death in 2007 and is the leading cause of new cases of blindness, kidney failure, and non-accident injury leg and foot amputations among adults. People with diagnosed diabetes have medical costs more than twice that of those without the disease and the total cost of diabetes is an estimated \$174 billion annually.

CDC's National Diabetes Prevention Program, launched in April of 2010, is designed to bring evidence-based programs for preventing type 2 diabetes directly to communities. The Program focuses on establishing interventions for overweight or obese people at high risk of developing the disease. By emphasizing dietary changes, coping skills, group support and getting at least 150 minutes a week of moderate physical activity, participants can lose the recommended five to seven percent of their body weight.

The CDC is working with 28 sites across the U.S. and plans to expand to additional sites in the future. The Diabetes Prevention Program clinical trial, led by the National Institutes of Health, has shown that these lifestyle interventions can reduce the risk of developing type 2 diabetes by 58 percent in people at higher risk for the disease.

For information about diabetes, visit [www.cdc.gov/diabetes](http://www.cdc.gov/diabetes) or [www.yourdiabetesinfo.org](http://www.yourdiabetesinfo.org).

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