AMERICAN COLLEGE OF Lifestyle Medicine

Advocacy for Lifestyle Interventions in Preventing and Managing Type 2 Diabetes in Adults

American College of Lifestyle Medicine Clinical Practice Guideline

If you're reading this, congratulations! You're about to discover the powerful truth that *you* have the ability to take control of your health. By making positive lifestyle changes, you can prevent, manage, and in some cases even reverse type 2 diabetes.

This message applies to everyone—no matter your background, income, education, or family history. And it's not just wishful thinking; it's backed by decades of solid research and growing evidence, showing that:



01

Making healthy lifestyle changes may actually work better than medication (like metformin) at stopping prediabetes (higher-than-normal blood sugar) from progressing into type 2 diabetes.

02

Healthy lifestyle changes can make it less likely that gestational diabetes (temporary diabetes during the second half of pregnancy) will turn into type 2 diabetes later on.

03

Healthy lifestyle changes for adults with type 2 diabetes can support weight loss, help control blood sugar, reduce the need for medication, and improve energy and quality of life.

The most amazing and empowering part? For some people, lifestyle changes can actually lead to full remission of type 2 diabetes! This means achieving normal blood levels of a key diabetes marker (called hemoglobin A1c) for at least three months—without any surgery, devices, or blood-sugar-lowering medications.

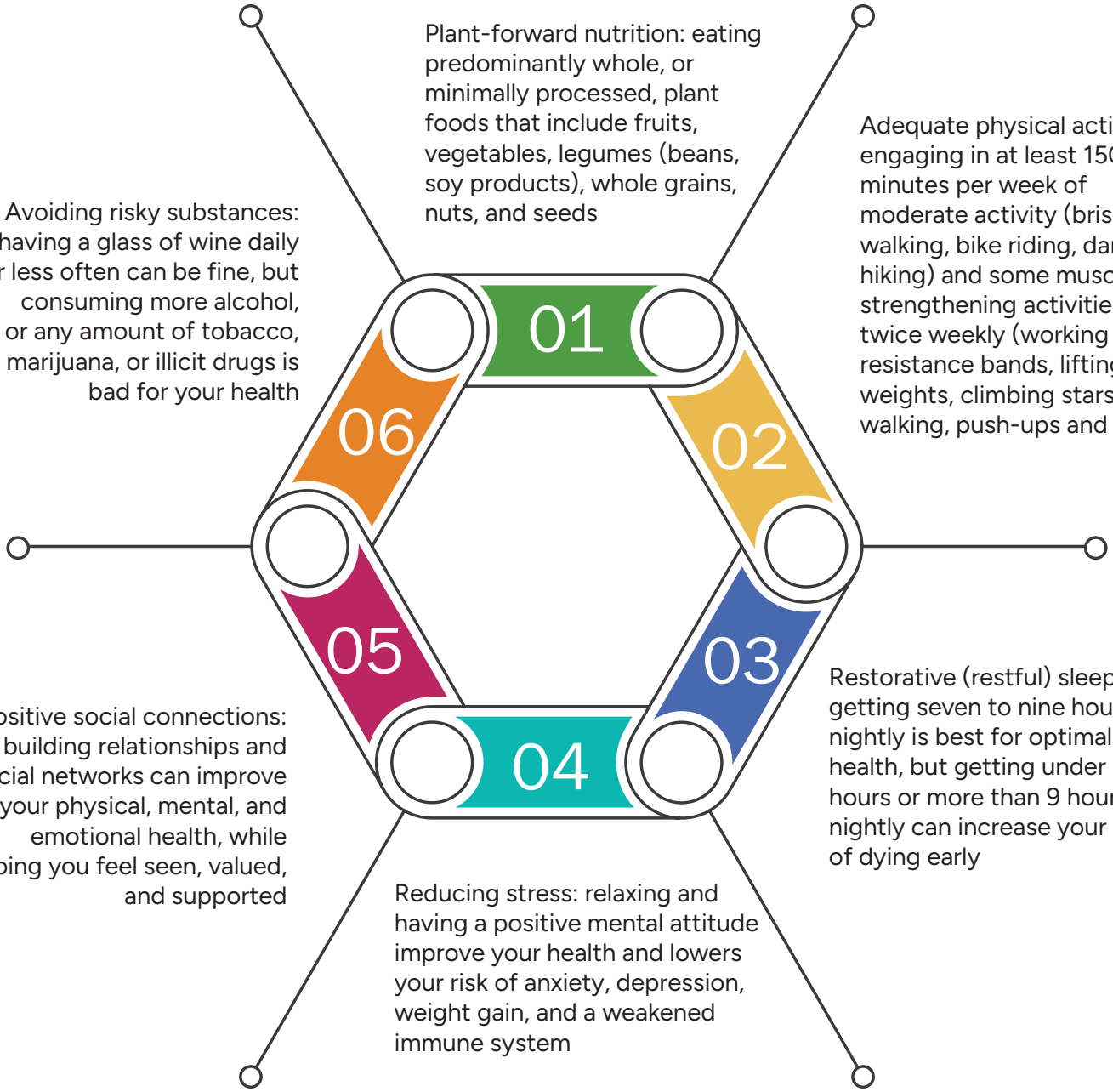
Are you interested? Great! Let's dive into what we mean by "lifestyle changes." These are strategies you can use to prevent or manage type 2 diabetes, all based on six key aspects of a healthier lifestyle.

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The American College of Lifestyle Medicine assembled a group of experts, from many different medical specialties, to help you partner with your doctor or healthcare professional in making positive lifestyle changes based on the best and most current medical evidence.

This journey begins by assessing your baseline lifestyle habits and by establishing priorities for lifestyle change, continues by setting SMART (specific, measurable, achievable, relevant, and time-bound) goals for the 6 pillars above and by using strategies to help you achieve sustained and positive behavior change, and concludes with a plan for continuing care, and, if relevant, for adjusting your diabetes medication therapy based on the impact of lifestyle change.

As clinicians and healthcare professionals we consider ourselves the foremost advocates of lifestyle interventions for type 2 diabetes and we wish you success and optimism as you embark on this empowering journey. Bon voyage and bravo!

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