Without weight loss and moderate physical activity, 9 people with prediabetes out of 10 don’t know they have it. 86 million adults have prediabetes. 15–30% of people with prediabetes will develop type 2 diabetes within 5 years.

Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes. It brings together health care organizations, employers, faith-based organizations, private insurers, government agencies, and community organizations to achieve a greater impact on reducing type 2 diabetes.

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in half.
Everyone can play a part in preventing type 2 diabetes

JOIN IN THIS NATIONAL EFFORT

A key part of the National DPP is a lifestyle change program that provides:

- A TRAINED LIFESTYLE COACH
- CDC-APPROVED CURRICULUM
- GROUP SUPPORT OVER THE COURSE OF A YEAR

Build a workforce that can implement the lifestyle change program effectively

Ensure quality and standardized reporting

Deliver the lifestyle change program through organizations nationwide

Increase referrals to and participation in the lifestyle change program

Groups in the National Diabetes Prevention Program are working to:

RAISE AWARENESS of prediabetes

SHARE INFORMATION about the National DPP

ENCOURAGE PARTICIPATION in a local lifestyle change program

PROMOTE the National DPP as a covered health benefit

Find out how to get involved with the National Diabetes Prevention Program

www.cdc.gov/diabetes/prevention

CDC’S DIVISION OF DIABETES TRANSLATION WORKS TOWARD A WORLD FREE OF THE DEVASTATION OF DIABETES.