

National Diabetes Prevention Program

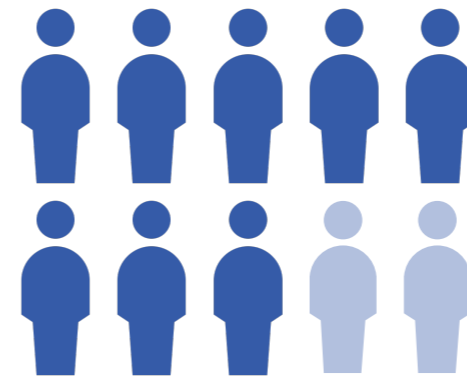
Working together to prevent type 2 diabetes



The Growing Threat of Prediabetes

98
Million

About 98 million American adults—**more than 1 in 3**—have prediabetes

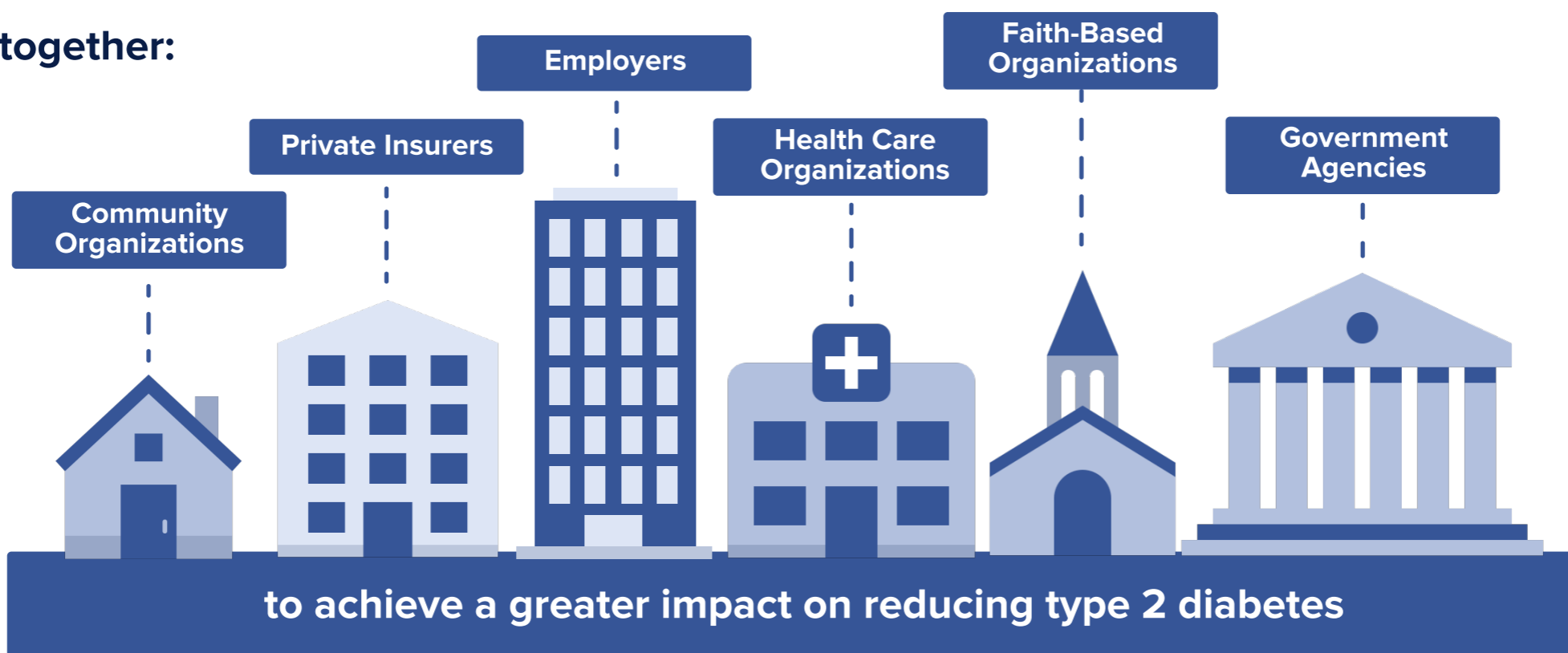


More than 8 in 10 adults with prediabetes don't know they have it

About the National Diabetes Prevention Program

Congress authorized CDC to establish the **National Diabetes Prevention Program (National DPP)**, a public-private partnership working to build a nationwide delivery system for a lifestyle change program **proven to prevent or delay type 2 diabetes** in adults with prediabetes.

It brings together:



Lifestyle Change Program

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

CDC is working to:



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting of participant outcomes in the program



Deliver the lifestyle change program through organizations **nationwide** and **sustain** it through public/private payer coverage



Increase referrals to and participation in the lifestyle change program

Join in this National Effort

Everyone can play a part in **preventing type 2 diabetes**.



Raise awareness of prediabetes



Share information about the National DPP



Encourage participation in the lifestyle change program



Promote the National DPP lifestyle change program as a covered health benefit

Find out how to get involved in the **National DPP**

www.cdc.gov/diabetes/prevention