WORKING TOGETHER TO PREVENT TYPE 2 DIABETES

THE GROWING THREAT OF PREDIABETES

96 million American adults have prediabetes

MORE THAN 8 IN 10 adults with prediabetes don’t know they have it

REDUCING THE IMPACT OF TYPE 2 DIABETES

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:

- Health Care Organizations
- Faith-Based Organizations
- Government Agencies
- Employers
- Community Organizations
- Private Insurers

to achieve a greater impact on reducing type 2 diabetes

Research shows a structured lifestyle intervention can cut the risk of type 2 diabetes in half.
A key part of the National DDP is a lifestyle change program that provides:

- A trained lifestyle coach
- A CDC-approved curriculum
- Group support over the course of a year

Through the National DPP, CDC is working to:

Build a workforce that can implement the lifestyle change program effectively
Ensure quality and standardized reporting
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 as a covered health benefit

Find out how to get involved in the National DDP www.cdc.gov/diabetes/prevention

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