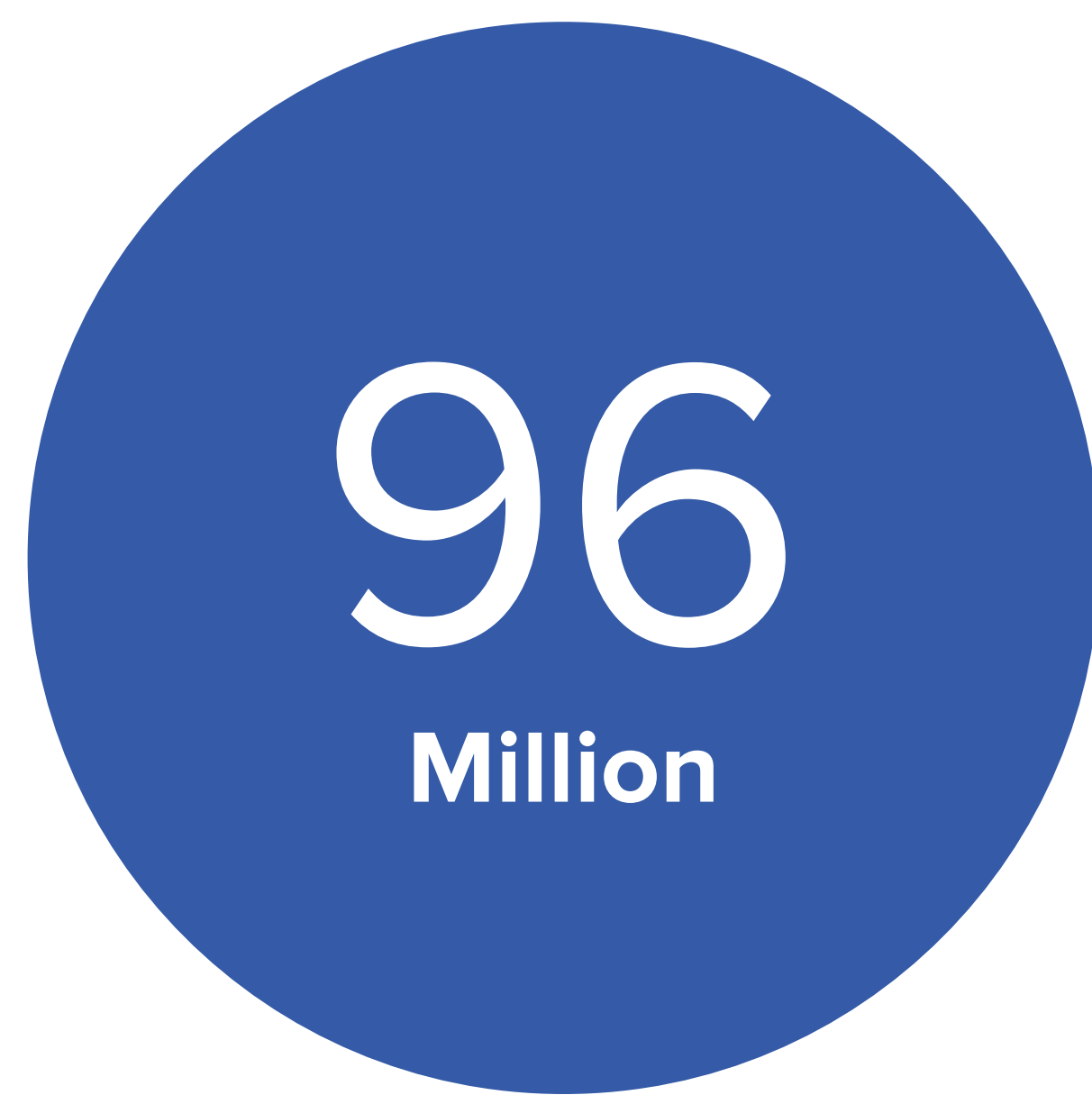


# National Diabetes Prevention Program

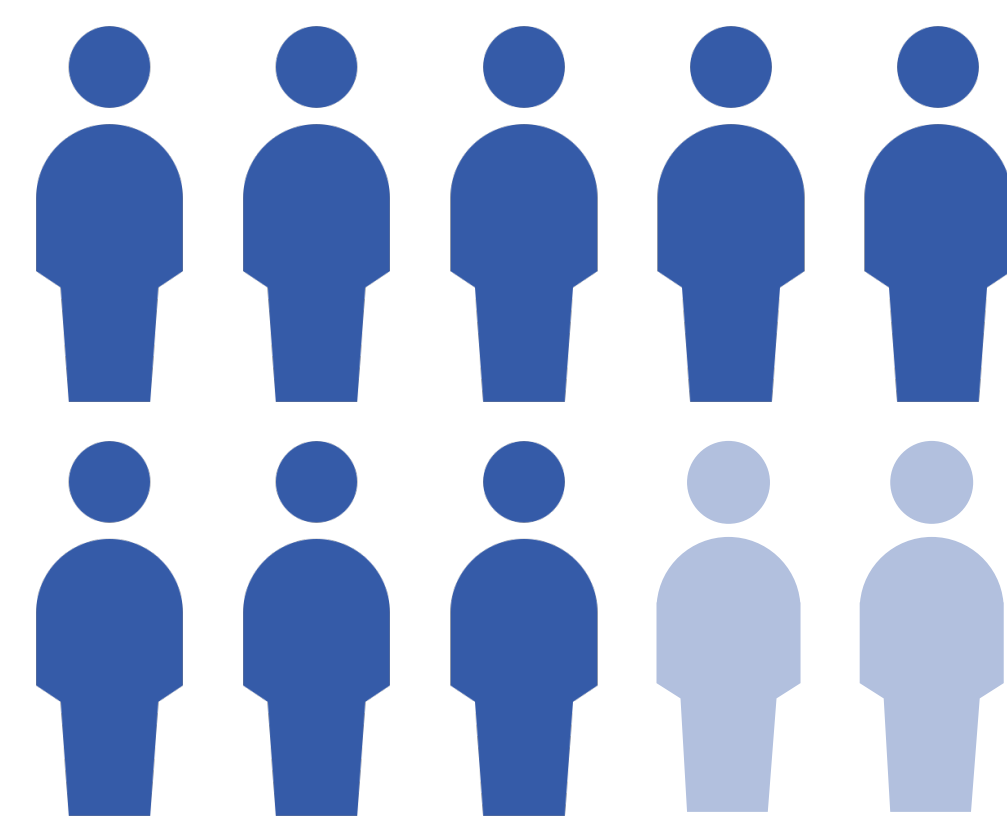
Working together to prevent type 2 diabetes



## The Growing Threat of Prediabetes



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

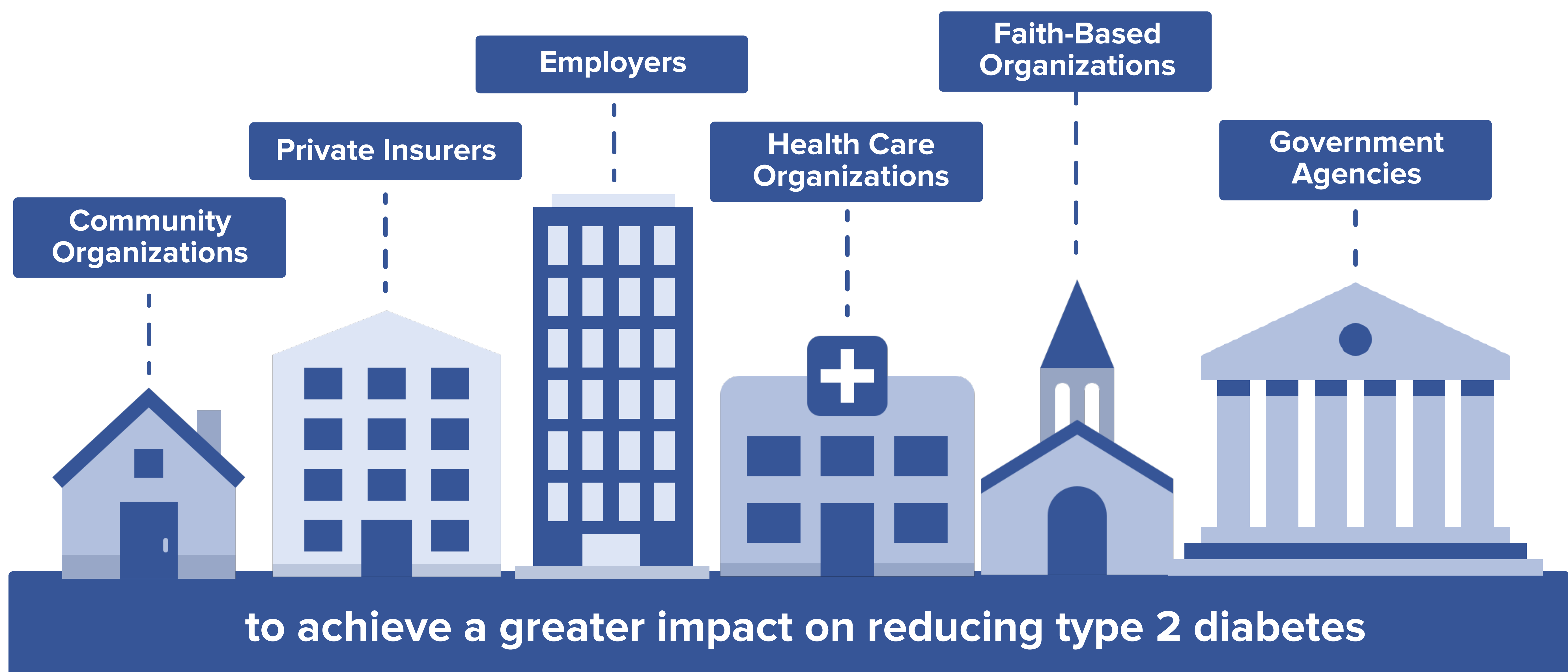


**More than 8 in 10** adults with prediabetes **don't know they have it**

## 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:**

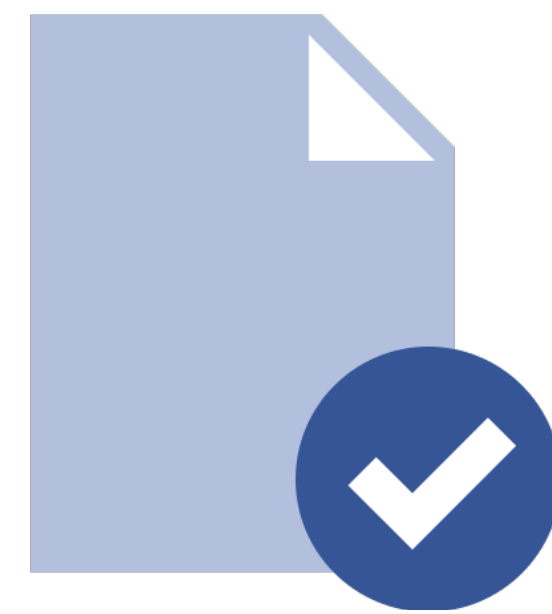


# Lifestyle Change Program

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](http://www.cdc.gov/diabetes/prevention)

CDC's Division of Diabetes Translation works toward a world free of the devastation of diabetes.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention