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:

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

To achieve a greater impact on reducing type 2 diabetes.
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

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