

# National Diabetes Prevention Program

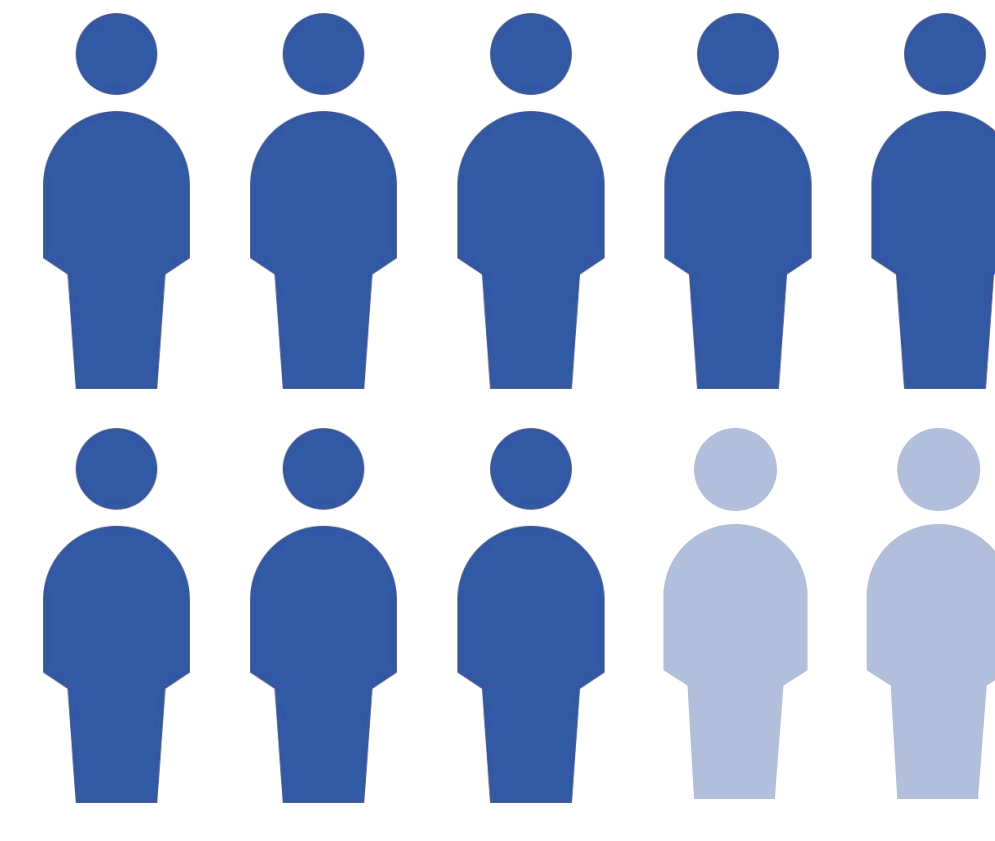
Working together to prevent type 2 diabetes



## The Growing Threat of Prediabetes

115.2  
Million

115.2 million American adults—**more than 2 in 5**—have prediabetes

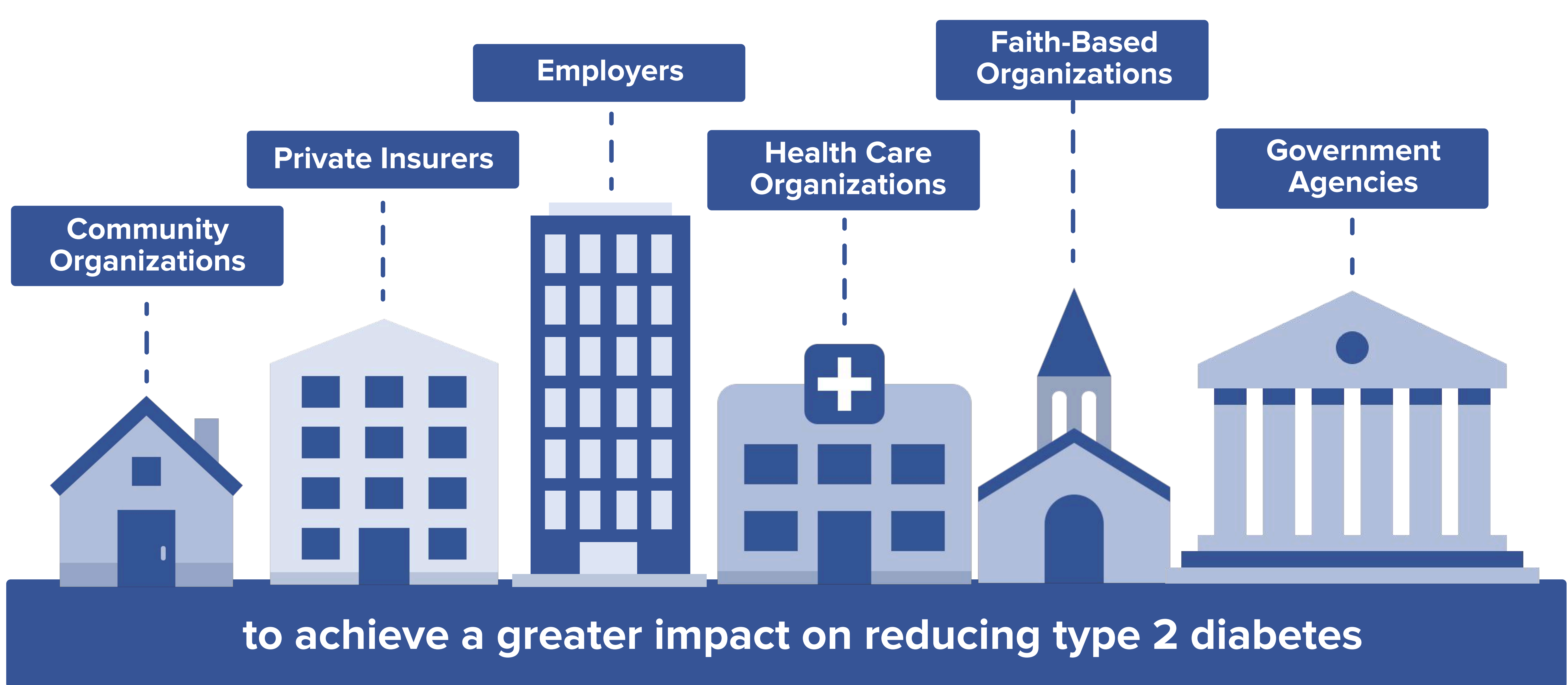


**8 in 10**  
adults with prediabetes  
**don't know they have it**

## About the National Diabetes Prevention Program

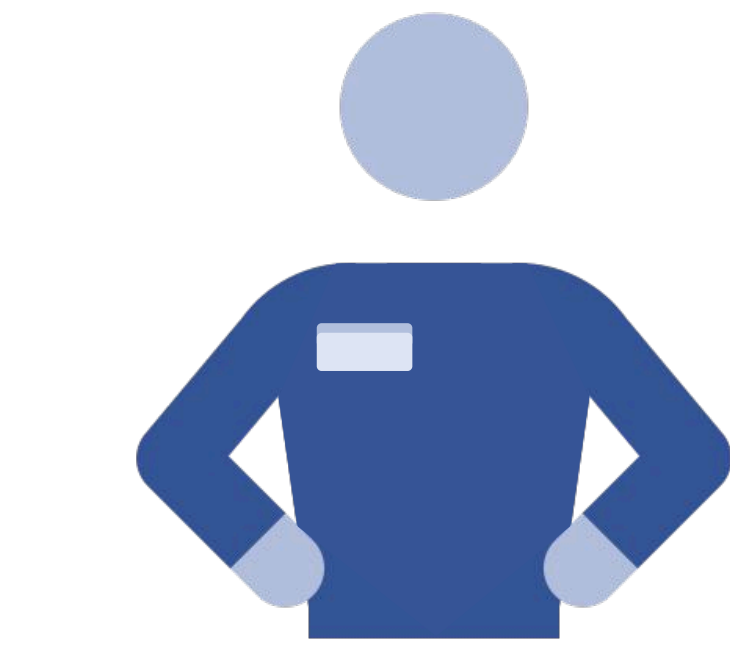
Congress authorized CDC to establish the **National Diabetes Prevention Program (National DPP)**, a public-private partnership working to build a nationwide delivery system for a lifestyle change program **proven to prevent or delay type 2 diabetes** in adults with prediabetes.

It brings together:

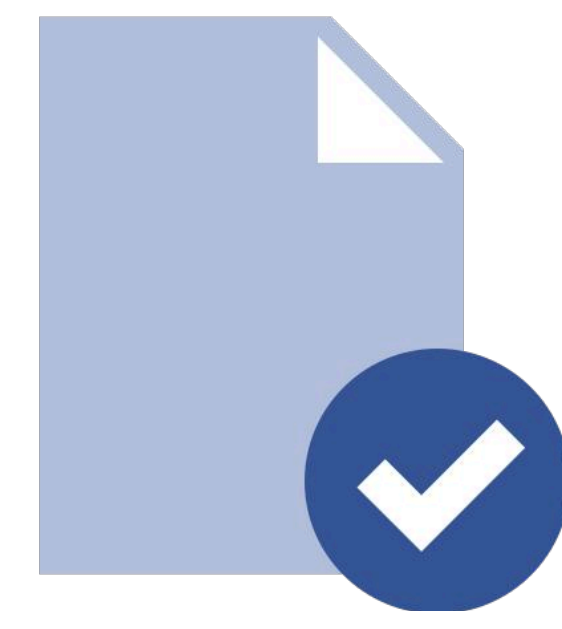


## Lifestyle Change Program

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