WORKING TOGETHER TO PREVENT TYPE 2 DIABETES

THE GROWING THREAT OF PREDIABETES

88 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
Employers
Private insurers
Community organizations
Faith-based organizations
Government agencies

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**

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

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