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

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 DPP

www.cdc.gov/diabetes/prevention

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