

NATIONAL DIABETES PREVENTION PROGRAM

WORKING TOGETHER TO PREVENT TYPE 2 DIABETES

THE GROWING THREAT OF PREDIABETES

88
MILLION

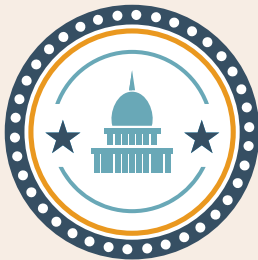
88 million
American
adults have
prediabetes

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:



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 DPP 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



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

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