WORKING TOGETHER TO PREVENT TYPE 2 DIABETES

THE GROWING THREAT OF PREDIABETES

84.1 MILLION adults have prediabetes

9 OUT OF 10 people with prediabetes don’t know they have it

REDUCING THE IMPACT OF DIABETES

Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP) — a public-private partnership to offer evidence-based, low-cost interventions in communities across the United States to prevent type 2 diabetes.

It brings together:

- HEALTH CARE ORGANIZATIONS
- EMPLOYERS
- PRIVATE INSURERS
- COMMUNITY ORGANIZATIONS
- FAITH-BASED ORGANIZATIONS
- GOVERNMENT AGENCIES

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in

HALF

to achieve a greater impact on reducing type 2 diabetes.
Groups in the National Diabetes Prevention Program are 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
- Increase referrals to and participation in the 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

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 a local lifestyle change program
- Promote the National DPP as a covered health benefit

Find out how to get involved with the National Diabetes Prevention Program at www.cdc.gov/diabetes/prevention

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