

# 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**



**GROUP SUPPORT  
OVER THE  
COURSE  
OF A YEAR**



**A CDC-APPROVED  
CURRICULUM**

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](http://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.