Without weight loss and moderate physical activity, 86 million adults have prediabetes. 9 out of 10 people with prediabetes don’t know they have it. 15–30% of people with prediabetes will develop type 2 diabetes within 5 years.

Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes. It brings together healthcare organizations, employers, private insurers, faith-based organizations, community organizations, and government agencies to achieve a greater impact on reducing type 2 diabetes.

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

www.cdc.gov/diabetes/prevention

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