

NATIONAL DIABETES PREVENTION PROGRAM

WORKING
TOGETHER
TO PREVENT
TYPE 2 DIABETES



THE GROWING THREAT OF PREDIABETES

Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

86 MILLION
adults have
prediabetes



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

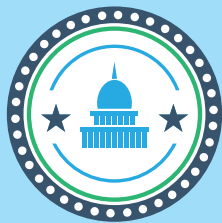


Without weight loss
and moderate
physical activity

15–30% of people with
prediabetes will
develop type 2 diabetes
within 5 years



REDUCING THE IMPACT OF DIABETES



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:



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