NATIONAL Diabetes PREVENTION PROGRAM

The National Diabetes Prevention Program: A Program to Support Your Efforts to Prevent Type 2 Diabetes

You play an important role in preventing type 2 diabetes in your community and the nation. Enhance your efforts by becoming a National Diabetes Prevention Program champion. Here's how:

1. Test for prediabetes and refer patients or clients at high risk for type 2 diabetes to a CDC-recognized lifestyle change program in your area.
2. Assign someone in your office to follow up with people who are at high risk for type 2 diabetes to facilitate their enrollment in a local lifestyle change program.
3. Raise awareness about prediabetes and the National Diabetes Prevention Program in your community.

To find out more about the National Diabetes Prevention Program and recognized programs in your area, go to: www.cdc.gov/diabetes/prevention.

National Center for Chronic Disease Prevention and Health Promotion
Division of Diabetes Translation

CDC

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An effective approach. The CDC-led National Diabetes Prevention Program offers communities an evidence-based lifestyle change program that is uniquely designed to prevent or delay type 2 diabetes.

- During the year-long program, participants at high risk for type 2 diabetes meet in a group with a trained Lifestyle Coach to learn ways to incorporate healthier eating and physical activity into their daily lives.
- Participants work with the Lifestyle Coach and the group to identify and overcome barriers to making these modest lifestyle changes.
- Group classes can be offered at convenient locations around the country, such as community and faith-based organizations, wellness centers, and worksites.

A real impact. The National Diabetes Prevention Program can substantially reduce the number of cases of type 2 diabetes in communities across America.

- An NIH-led, CDC-supported research study showed that improving food choices and increasing physical activity to at least 150 minutes per week helped participants lose 5 to 7 percent of their body weight. These modest lifestyle changes reduce the risk of developing type 2 diabetes by 58 percent in people at high risk for diabetes.[1]
- Nationwide implementation of the program could save the U.S. health care system $5.7 billion and prevent about 885,000 cases of type 2 diabetes in the years to come.[2]

Be a program champion. Private insurers, employers, government agencies, health care and community-based organizations are among the growing number of public and private partners joining this national effort to prevent type 2 diabetes.

- You can help support efforts to ensure the National Diabetes Prevention Program is available and affordable to people at high risk for type 2 diabetes in the communities in which they live and work. See the other side of this document for how you can become a National Diabetes Prevention Program champion.
- You can also help share program information with others by posting CDC's A Change for Life video or the "Could You Have Prediabetes?" widget on your website and social networking pages.

For more information, please visit www.cdc.gov/diabetes/prevention.

You Make a Difference

"CDC estimates that more than 79 million Americans age 20 years and older have prediabetes. Without intervention, 15 to 30 percent of these men and women will develop type 2 diabetes within five years. You can make a difference in that future for your patients."

--Ann Albright, Ph.D., R.D. Director, CDC's Division of Diabetes Translation

Real-Life Program Success

"This program is not a weight loss program, it is a lifestyle program. Going on a diet is not the treatment for diabetes or prediabetes, a lifestyle change is the treatment."

--Program Participant, New York

1. DPP Research Group. N Eng J Med 2002;346(6):393-403.
2. Health Aff January 2012 vol. 31 no. 1 50-60.

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