

National Diabetes Prevention Program



Diabetes is common

- Diabetes affects almost 26 million Americans. 1 in 10 U.S. adults have diabetes now.
- CDC estimates that as many as 1 in 3 Americans born today will develop diabetes in their lifetime.
- Prediabetes affects as many as 79 million persons in the U.S. They are 5 to 15 times more likely to develop type 2 diabetes than persons without prediabetes.
- Without access to effective lifestyle intervention, 70% of persons with prediabetes will develop type 2 diabetes during their lifetime.
- Prediabetes means your blood glucose (sugar) is higher than normal, but not high enough to be considered diabetes.
- Addressing type 2 diabetes in America requires action on prediabetes.

Diabetes is expensive

- Each year, the cost of health care and treatment for diabetes and the cost of lost productivity due to diabetes rises. Poorly controlled diabetes and its complications can contribute to absenteeism and affect productivity on the job.
- 1 in 5 health care dollars is spent caring for someone with diagnosed diabetes.
- Medical expenses for people with diabetes are more than two times higher than for people without diabetes.
- In 2012, the total cost of diagnosed diabetes was \$245 billion.
 - » Indirect costs were \$69 billion (disability, work loss and premature death).

Lifestyle change programs can prevent or delay type 2 diabetes

- A national clinical study showed that persons with prediabetes who lose only 5% to 7% of their body weight and get 150 minutes of moderate physical activity per week can reduce their chances of developing type 2 diabetes by 58%.
- Nationwide implementation of the program could save the U.S. healthcare system \$5.7 billion and prevent about 885,000 cases of type 2 diabetes.
- Economic studies suggest that lifestyle change programs costing \$500 per person are likely to pay for themselves by reducing the high costs of treating diabetes and its complications.

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



The inaugural partners of the National Diabetes Prevention Program were the Y (also known as YMCA of the USA) and UnitedHealth Group (UHG). These partner organizations were instrumental in starting up the national program and continue to expand the reach of evidence-based lifestyle change programs. CDC is enthusiastic about other organizations becoming involved in the National Diabetes Prevention Program.

Preventing type 2 diabetes can benefit employers and improve employees' health

- Modeling studies based on the DPP research study results showed, treating 100 high-risk adults (age 50) with lifestyle intervention for 3 years:
 - » Prevents 15 new cases of type 2 diabetes
 - » Prevents 162 missed work days
 - » Avoids the need for BP/cholesterol medications in 11 people
 - » Avoids \$91,400 in healthcare costs

CDC is working to bring this effective lifestyle intervention to communities across America through the National Diabetes Prevention Program lifestyle change program. Classes focus on moderate weight loss, increasing physical activity and improving coping skills for lasting change. Group classes are offered at many locations, including worksites, community locations, and health care facilities. They meet for one hour for 16 weeks, then monthly for six months.

The National Diabetes Prevention Program is a great example of a public-private partnership. Community organizations, private insurers, employers, healthcare organizations, and government agencies are working together to implement the National DPP in order to truly have an impact on reducing the number of new cases of type 2 diabetes.

CDC's role in leading the program includes setting standards based on science that will help assure quality and help the organizations delivering the classes succeed. The CDC is working to bring this effective lifestyle change program to communities across America through the National Diabetes Prevention Program.

CDC is bringing other partners into the program, including more organizations to deliver the lifestyle change program, and other insurers to cover the cost of participation.

To learn more about the National Diabetes Prevention Program go to:

www.cdc.gov/diabetes/prevention



To learn more about the National Diabetes Prevention Program go to:
www.cdc.gov/diabetes/prevention