

NATIONAL DIABETES PREVENTION PROGRAM

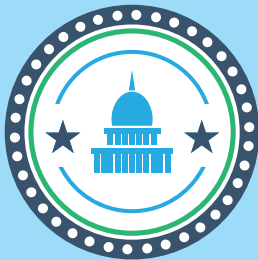
WORKING TOGETHER TO
PREVENT TYPE 2 DIABETES

THE GROWING THREAT OF PREDIABETES

84.1 MILLION
adults have
prediabetes



REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the **NATIONAL DIABETES PREVENTION PROGRAM** (National DPP) — a public-private partnership to offer evidence-based, low-cost 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



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