

USING A1C TO MEET PROGRAM REQUIREMENTS

Organizations recognized by CDC to deliver the National Diabetes Prevention Program (National DPP) lifestyle change program (LCP) can use A1C values in 2 ways:

1 To determine *participant eligibility* for adults 18 or older at risk of developing type 2 diabetes.

2 As a key *LCP outcome measure* to show reduced risk of type 2 diabetes.

A1C for LCP Eligibility

People with prediabetes are eligible to participate in a National DPP LCP. For full eligibility criteria, see Section II.A.3 of the [DPRP Standards](#).

An A1C result of 5.7% to 6.4% is considered prediabetes.

A1C testing should be done before the LCP starts. Results can be self-reported, except for Medicare Diabetes Prevention Program (MDPP) participants enrolled in MDPP supplier organizations. Organizations that are MDPP suppliers should refer to the [MDPP website](#) for further guidance.

A1C as an Outcome Measure

1
**0.2%
A1C
Reduction**

2
**Minimum 5%
Body Weight
Reduction**

3
**Minimum 4%
Body Weight Reduction
And Average 150 Mins/
Week of Physical Activity**

A *reduction in A1C value of 0.2%* is 1 of 3 ways participants can show a reduced risk of type 2 diabetes.

Reporting Requirements for CDC-Recognized Organizations

Reporting A1C Values

Beginning and ending A1C values can be self-reported by participants (except for [MDPP participants](#)). If no beginning or ending value is recorded, organizations should use the *default number 999*.

Report Beginning A1C Value Within 14 days of the First LCP Session

The beginning A1C value should be in the prediabetes range (5.7% to 6.4%), taken within 1 year before the LCP begins, and reported within *14 days after the first session* attended by a participant. Files cannot be resubmitted once they have been accepted in order to include entries that were submitted late or accidentally excluded.

Report Ending A1C Near the End of the Program

The ending A1C value should be collected and *submitted before final data submission* each year of the LCP. A1C values must be included in the last LCP session and recorded in months 9 to 12. (To determine the date of your last session, view the [Understanding and Managing Sequences Webinar](#).) CDC will evaluate final data to see if participants achieved a *0.2% A1C reduction*. Files cannot be resubmitted once they have been accepted in order to include entries that were submitted late or accidentally excluded.

Questions?

For more information, visit the [National DPP Customer Service Center](#). Click "Login" or register to create a profile. Then select "Contact Us" and "Contact Support" at the top of the home page.