NATIONAL DIABETES PREVENTION PROGRAM

WORKING TOGETHER TO PREVENT TYPE 2 DIABETES

CDC
Centers for Disease Control and Prevention

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

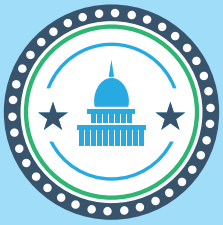
86 MILLION adults have prediabetes

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

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