

# NATIONAL DIABETES PREVENTION PROGRAM: Reducing the Burden of Type 2 Diabetes

## BY THE NUMBERS

### 387 million

387 million people have diabetes; by 2035 this could rise to 592 million

### 179 million

179 million people with diabetes don't know they have it

### 77%

77% of people with diabetes live in low- and middle-income countries

## The Issue

Diabetes is a leading cause of death globally and can cause serious health complications, including heart disease, blindness, kidney failure, and lower-limb amputations. Diabetes is associated with high levels of blood glucose (high blood sugar), which happens when the body has trouble making or using insulin, a hormone produced by the pancreas.

The World Health Organization (WHO) estimates that around 90% of all diagnosed cases of diabetes around the world are type 2 diabetes. The main causes of type 2 diabetes are excess body weight and lack of physical activity. Studies show that type 2 diabetes can be prevented or delayed through lifestyle changes like being more active, eating healthier, and losing 5-7% of one's body weight.

## CDC's Response

The Centers for Disease Control and Prevention (CDC) aims to prevent type 2 diabetes through the National Diabetes Prevention Program (NDPP), which reaches out to communities across the United States to promote healthy lifestyle changes. Research has shown that programs like this can reduce health care costs within two to three years.



Research shows that structured lifestyle interventions can cut the risk of type 2 diabetes in half.

*Patient is counseled on structured lifestyle changes including healthy eating, adding physical activity, and improving problem-solving and coping skills.*



## CDC'S Response (continued)

For participants, the NDPP provides:

- A trained lifestyle coach
- CDC-approved curriculum
- Group support over the course of a year

The program encourages collaboration among federal agencies, community/faith-based organizations, employers, insurers, health care professionals, academia, and other stakeholders.

CDC also works with other partners to connect at-risk patients to lifestyle change programs. These partners offer tools, resources, and training to help bridge the gap between clinical settings and communities. Additional activities include engaging employers and insurers on coverage or reimbursement for participation in the NDPP lifestyle change program.

## Our Partners

- International Diabetes Federation
- World Health Organization
- Ministries of Health
- Universities and University Research Units

For further information, please visit: <http://www.cdc.gov/diabetes>  
National Diabetes Prevention Program: [www.cdc.gov/diabetes/prevention/about.htm](http://www.cdc.gov/diabetes/prevention/about.htm)

# National Diabetes Prevention Program

## COMPONENTS



### **Training: Increase Workforce**

Train the workforce to implement the program cost-effectively.



### **Recognition Program: Assure Quality**

Implement a recognition program that will:

- Assure quality.
- Lead to reimbursement.
- Allow CDC to develop a program registry.



### **Intervention Sites: Deliver Program**

Develop intervention sites that will build infrastructure and provide the program.



### **Health Marketing: Support Program Uptake**

Increase referrals to and use of the prevention program.