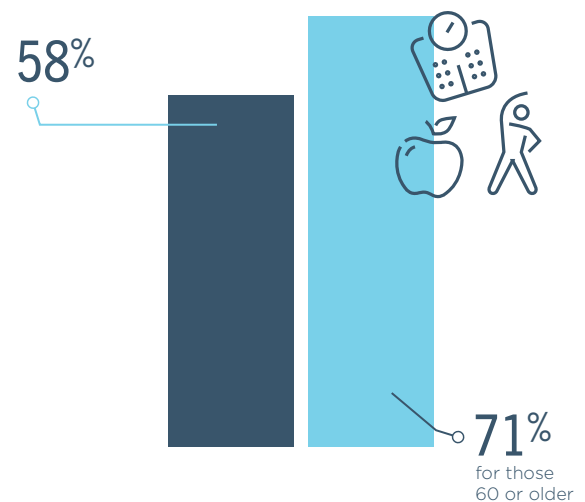


CDC's National Diabetes Prevention Program Can Prevent or Delay Type 2 Diabetes

The National Diabetes Prevention Program (National DPP) gives you a proven way to help your patients who are at high risk of developing type 2 diabetes.

- The National DPP, created in 2010, provides an evidence-based lifestyle change program backed by years of research and led by the Centers for Disease Control and Prevention (CDC).
- Program participants can cut their risk of type 2 diabetes by **58 percent**—and up to **71 percent** for those 60 or older—by losing weight, eating better, and being more active.
- It can also improve participants' overall health, including lowering their risk of stroke and heart attack.

By losing weight, eating better, and being more active
National DPP participants can cut their risk of type 2 diabetes by



Note: Metformin reduced the incidence of diabetes by 31% compared to placebo (see next page).

PROGRAM OVERVIEW



TRAINED LIFESTYLE COACH

- 12+ hours of training on CDC-approved curriculum before program implementation
- 2+ hours of advanced coach training provided annually by CDC-authorized trainers



CDC-APPROVED CURRICULUM

- Focus is on building moderate changes in diet and physical activity
- Goal is 5% to 7% weight loss in the first 6 months



GROUP SUPPORT FOR A YEAR

- Program is delivered in person in local community and clinical settings and online
- 16 weekly sessions first 6 months, then 1-2 times/month for last 6 months

PROGRAM ELIGIBILITY

Your patients must meet **ONE** of the following:

- Had a blood test result in the prediabetes range within the past year (includes any of these tests and results):
 - Hemoglobin A1C: 5.7-6.4%, or
 - Fasting plasma glucose: 100-125 mg/dL, or
 - Two-hour plasma glucose (after a 75 g glucose load): 140-199 mg/dL
- Previously diagnosed with gestational diabetes
- Received a high-risk result (score of 5 or higher) on the Prediabetes Risk Test

AND meet **ALL** of the following:

- ✓ 18 years or older
- ✓ Body mass index (BMI) of 25 or higher (23 or higher if Asian American)
- ✓ Not previously diagnosed with type 1 or type 2 diabetes
- ✓ Not pregnant

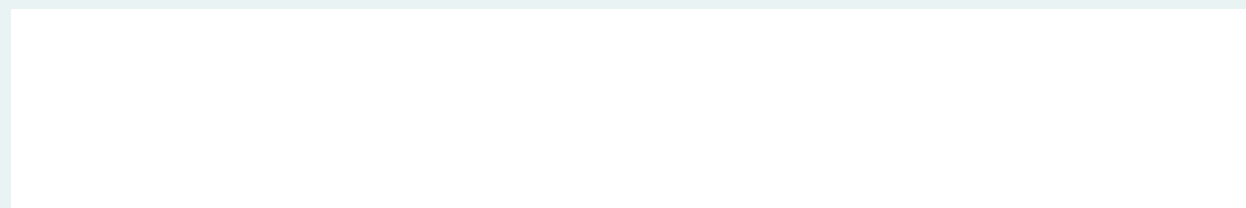
PATIENT OUTCOMES

- In a randomized controlled trial that compared placebo, medication (metformin), and intensive lifestyle intervention in over 3,000 adults at high risk for type 2 diabetes, the lifestyle intervention reduced the incidence of diabetes by 58% compared to placebo (average 3 years follow-up).
 - » During the same time period, metformin reduced the incidence of diabetes by 31% compared to placebo.
- More research study information is available in the AMA Evidence Brief.

ADDITIONAL RESOURCES AND INFORMATION

- **CDC-Approved Curriculum:** <https://www.cdc.gov/diabetes/prevention/resources/curriculum.html>
- **National Diabetes Prevention Program Website:** www.cdc.gov/diabetes/prevention
- **Journal Article:** Diabetes Prevention Program Research Group. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program outcomes study. *The Lancet*. 2009;374(9702): p1677-1686. [https://doi.org/10.1016/S0140-6736\(09\)61457-4](https://doi.org/10.1016/S0140-6736(09)61457-4)
- **National DPP Evidence Library:** <https://coveragetoolkit.org/about-national-dpp/evidence/>
- **Participating Payers and Employers:** <https://coveragetoolkit.org/participating-payers/>

YOUR LOCAL NATIONAL DPP LIFESTYLE CHANGE PROGRAM IS DELIVERED HERE:



Refer to your local program factsheet for more information, including cost and how to refer patients.