84.1 million adults have prediabetes

9 out of 10 people with prediabetes don’t know they have it

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:

- Healthcare organizations
- Employers
- Private insurers
- Faith-based organizations
- Government agencies
- Community organizations

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

to achieve a greater impact on reducing type 2 diabetes
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 at www.cdc.gov/diabetes/prevention

CDC’s Division of Diabetes Translation works toward a world free of the devastation of diabetes.