Become more involved

You can help support efforts to ensure the National Diabetes Prevention Program lifestyle change program is available and affordable for people at high risk for type 2 diabetes in the communities in which they live and work.

As a health care professional, you can become a National Diabetes Prevention Program champion by:

- Testing patients for prediabetes and recommending that those at high risk for type 2 diabetes enroll in a CDC-recognized lifestyle change program in your area.
- Assigning someone in your office to follow up with patients who are at high risk for type 2 diabetes to facilitate their enrollment in a local lifestyle change program (see local program information on the back of this brochure).

Local program information

To learn more about a lifestyle change program in your area, or to request program Recommendation Forms, please contact Washington Information Network (call 2-1-1).

Washington State 2-1-1™
Get Connected. Get Answers.
Washington Information Network 211

Real-life program success

"This program is not a weight loss program, it is a lifestyle program. Going on a diet is not the treatment for diabetes or prediabetes, a lifestyle change is the treatment."

– Program Participant, New York

The National Diabetes Prevention Program is led by the Centers for Disease Control and Prevention in partnership with critical public and private partners. The centerpiece of the National Diabetes Prevention Program is the lifestyle change program for people at high risk for type 2 diabetes that is proven to prevent or delay the onset of type 2 diabetes by 58 percent.

To learn more about the National Diabetes Prevention Program, go to:

www.cdc.gov/diabetes/prevention

National Diabetes Prevention Program

A Program to Help Your Patients Prevent Type 2 Diabetes

NATIONAL Diabetes PREVENTION PROGRAM

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Healthy Communities Washington

Partners promoting healthy people in healthy places

www.doh.wa.gov/healthycommunities

The Centers for Disease Control and Prevention (CDC) estimates that as many as 1 in 3 people could have diabetes by 2050. The National Diabetes Prevention Program brings communities an effective lifestyle change program proven to prevent or delay the onset of type 2 diabetes by 58 percent.

"CDC estimates that more than 85 million Americans age 20 years and older have prediabetes. Without intervention, 15 to 30 percent of these men and women will develop type 2 diabetes within five years. You can make a difference in that future for your patients."

– Ann Albright, PhD, RD
Director, CDC's Division of Diabetes Translation

Washington State Department of Health
DOH 345-326 March 2016

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

The lifestyle change program

- **Participants at high risk for type 2 diabetes meet in groups with a trained Lifestyle Coach for 16 weeks and six monthly follow-up sessions** to learn ways to incorporate healthier eating and moderate physical activity into their daily lives.
- Participants work with the Lifestyle Coach and the group to identify and overcome barriers to making sustainable lifestyle changes.
- The program is offered at convenient locations such as community and faith-based organizations, wellness centers, and worksites.

In order to qualify for the program, patients must:

- Be at least 18 years old and
- Be overweight (BMI ≥24; ≥22 if Asian) and
- Have no previous diagnosis of type 1 or type 2 diabetes and
- Have a blood test result in the prediabetes range within the past year:
  - Hemoglobin A1C: 5.7%–6.4% or
  - Fasting plasma glucose: 100–125 mg/dL or
  - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or
- Be previously diagnosed with gestational diabetes.

The evidence of success

- An NIH-led, CDC-supported research study showed that weight loss of 5–7 percent of body weight achieved by lowering fat intake and increasing physical activity to at least 150 minutes per week reduced the risk of developing type 2 diabetes by 58 percent in people at high risk for the disease.[1]
- Nationwide implementation of the program could save the U.S. health care system $5.7 billion and prevent about 885,000 cases of type 2 diabetes.[2]

The availability to your patients

Private insurers, employers, government agencies, health care facilities and community-based organizations are working to expand access to and coverage of this effort to prevent type 2 diabetes.

Some private insurers reimburse the cost for patients who enroll in and complete the National Diabetes Prevention Program's lifestyle change program.

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[1] DPP Research Group. N Eng J Med 2002;346(6):393-403.
[2] Health Aff January 2012 vol. 31 no. 1 50-60.