

Working to Prevent Type 2 Diabetes

The American Association of Diabetes Educators (AADE) has helped more than 2,400 people at risk for Type 2 diabetes to lose weight and exercise more.

AADE is working with 45 sites across 16 states to implement the National Diabetes Prevention Program (National DPP), a Centers for Disease Control and Prevention (CDC) initiative aimed at preventing or delaying Type 2 diabetes. The lifestyle change program is designed to help participants make lasting changes, like eating healthier, adding physical activity into their daily routine, and improving coping skills.



AADE National DPP Locations



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|  1 | Universities or Schools |
|  37 | Hospitals, Health Care Systems, Medical Groups, or Physician Practices |
|  3 | Pharmacies |
|  2 | Indian Health Services, or Native American or Tribal Health Systems in Oklahoma |
|  1 | Community-Based Organizations, Community Health Centers, or Federally Qualified Health Centers |
|  1 | Fitness Centers |

17 sites achieved CDC Full Recognition for effective program delivery



TOTAL PARTICIPANTS
2,416
attended at least one session

HIGH RETENTION
Over 80%
attended at least four sessions

WEIGHT LOSS
6.1%
average weight loss at 12 months

PHYSICAL ACTIVITY
168 minutes
of physical activity, on average, per week



Sources: National DPP program data, October 1, 2014, to September 30, 2015; DPP outcomes data for participants attending their first session between October 1, 2012, and September 30, 2015

Learn more about the National Diabetes Prevention Program at <https://www.cdc.gov/diabetes/prevention>