



## Diabetes Prevention Program

### About the program

The National Diabetes Prevention Program (NDPP) is a Centers for Disease Control and Prevention (CDC) recognized program. The yearlong lifestyle change program is designed to help individuals lose 5-7% of their starting body weight and increase their level of physical activity. The curriculum focuses on healthy eating, physical activity, stress management, and relapse prevention, and is led by a trained lifestyle coach. Participant weight, physical activity, and attendance are tracked throughout the program. DPP is a year-long program with weekly meetings for the first 4 months, then meetings once or twice a month for the next 8 months to help patients maintain lifestyle changes and weight loss. The CDC collects and monitors program data to ensure program effectiveness.

When you refer your patients to a CDC-recognized program, you know they will join a research-based program, delivered by professionals, and shown to significantly reduce participants' risk of developing type 2 diabetes.

### Who should be referred to the National DPP?

This program is designed for individuals with prediabetes or at risk for type 2 diabetes

Eligible participants must:

- Be at least 18 years of age **AND**
- Have a BMI of >25 OR >23 if Asian **AND**
- Be diagnosed with prediabetes based on one of the following:
  - HBA1C: 5.7%-6.4%
  - FASTING PLASMA GLUCOSE: 100-125 MG/DL
  - 2-HOUR PLASMA GLUCOSE (AFTER A 75 GM GLUCOSE LOAD): 140-199 MG/DL
  - Previous diagnosis of gestational diabetes **OR**
- Screened at 5 points or higher on the [diabetes risk test](#)

*\*Not for individuals who currently have a diagnosis of diabetes or are pregnant*

American Indians are 2.3 times more likely to have diabetes and five times more likely to die from the disease compared their non-Hispanic white counterparts.

Participants must be motivated to lose weight, live a healthier life, and make a significant commitment to the program.

### The Research

The original randomized control trial showed a 58% reduction to progression of diabetes, which outperformed metformin. More recently, a CMS-funded translational study conducted in YMCA's across America confirmed an average 5% weight loss and net savings of \$2,600 per beneficiary in group-based settings.

### Resources for Providers

[The Evidence Behind the Diabetes Prevention Program](#)

[Assessing Patient Readiness to Change](#)

[Prediabetes Risk Test](#)

### Talking to your Patients about Prediabetes

[Why participate in a Diabetes Prevention Program? Patient handout](#)

[So you have prediabetes...Now what?](#)

[DPP referral letter template](#)

#### Focus your education on three key messages:

- Prediabetes is a serious condition: It raises your risk of heart attack and stroke and poses a high risk of eventually progressing to full-blown diabetes.
- Prediabetes is treatable: The good news is that most patients with prediabetes can avoid or delay developing diabetes by losing weight, becoming more active and eating more healthfully.
- Evidence-based diabetes prevention programs are available. These programs help people with prediabetes accomplish these healthy changes, lose weight, and avoid developing diabetes.