



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 4-7% 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. This program helps participants be successful in making long-term changes that improve their lives.

Previous participants have reported not only lowering their blood sugar to normal levels, but also:

- Less pain
- Better energy
- A reduction in medications for conditions like high blood pressure and cholesterol

Who should join a National DPP lifestyle change program?

Anyone at a high risk of developing type 2 diabetes or individuals with prediabetes.

Eligible participants must:

- Be at least 18 years of age **AND**
- Have a BMI of 25 or higher, 23 or higher if of Asian descent **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 75gm Glucose Load): 140–199 mg/dl
 - Previous diagnosis of gestational diabetes **OR**
- Score a 5 or higher on the [diabetes risk test](#)

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

The Research

The original study completed for the Diabetes Prevention Program trial showed that individuals who completed the program had decreased their risk of developing type 2 diabetes by 58%, which was almost twice as effective as the medication group.