

An Introduction to the National Diabetes Prevention Program

The CDC-led National DPP is a partnership of public and private organizations working together to build the infrastructure for nationwide delivery of an evidence-based lifestyle change program for adults with prediabetes to prevent or delay onset of type 2 diabetes. The National DPP lifestyle change program is founded on the science of the Diabetes Prevention Program research study, and several translation studies that followed, which showed that making modest behavior changes helped people with prediabetes lose 5% to 7% of their body weight and reduce their risk of developing type 2 diabetes by 58% (71% for people over 60 years old). The National DPP's lifestyle change program:

- Is a year-long, structured program (in-person group, online, or combination) consisting of:
 - An initial six-month phase offering a minimum of 16 sessions over 16–24 weeks and
 - A second six-month phase offering a minimum of one session a month (at least six sessions).
- Is facilitated by a trained Lifestyle Coach.
- Uses a CDC-approved curriculum.
- Includes regular opportunities for direct interaction between the Lifestyle Coach and participants.
- Focuses on behavior modification, managing stress, and peer support.

CDC's Diabetes Prevention Recognition Program (DPRP) is the quality assurance arm of the National DPP. Through the DPRP, CDC awards recognition to program delivery organizations that are able to meet national standards and achieve the outcomes proven to prevent or delay onset of type 2 diabetes.