1 in 3 Americans have Prediabetes (higher-than-normal blood glucose levels)

The Association of Diabetes Care & Education Specialists (ADCES) has worked to activate the Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (National DPP) within underserved communities through in-person and online delivery modes. Through a 5-year cooperative agreement (DP17-1705), ADCES has been able to increase access and availability to the National DPP lifestyle change program to specific priority populations at high-risk for developing type 2 diabetes.

Enrolling Participants Across the U.S. in CDC-Recognized Lifestyle Change Programs

TOTAL PARTICIPANTS
1572
Attended at least one session

PRIORITy POPULATION*
80%

HIGH RETENTION
88%
Attended at least three sessions

WEIGHT LOSS
3%
Average weight loss

PHYSICAL ACTIVITY
203 Minutes
Of physical activity, on average, per week

To learn more about this cooperative agreement or how organizations can get involved, email: dpp@adces.org

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