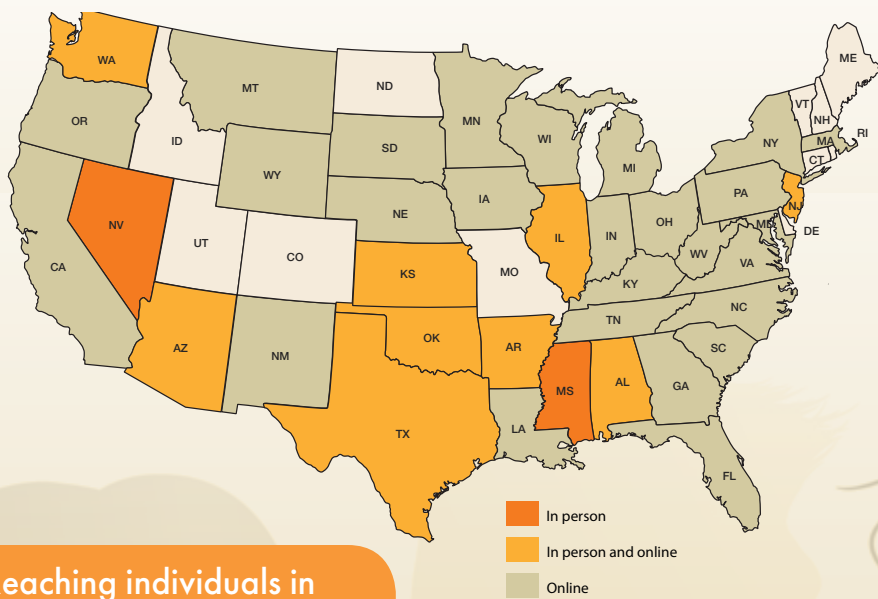


1 in 3 Americans have Prediabetes

(higher-than-normal blood glucose levels)

The American Association of Diabetes Educators (AADE) 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), AADE 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



Priority Populations of Focus*

Medicare beneficiaries, Men, African-Americans, Hispanics, American Indians

Through an evidence-based intervention, these hard to reach populations have engaged with trusted members of the community; discussed culturally informed healthy eating, learned stress management strategies, and developed realistic positive health behaviors that can be maintained long-term.

Reaching individuals in 9 states and 34 counties through in-person delivery

Reaching individuals in 36 states through online delivery



TOTAL PARTICIPANTS

1172

Attended at least one session



PRIORITY POPULATION*

78%



HIGH RETENTION

82%

Attended at least three sessions



WEIGHT LOSS

2.88%

Average weight loss



PHYSICAL ACTIVITY

232 Minutes

Of physical activity, on average, per week

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