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@aadenet.org

This resource was supported by Cooperative Agreement, Number 17NU58DP006361-01-00 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors.