

Working to Prevent Type 2 Diabetes

The American Association of Diabetes Educators (AADE) has helped more than 2,990 people at risk for Type 2 diabetes to lose weight and exercise more.*

As of its fourth year of Centers for Disease Control and Prevention (CDC) grant funding, AADE worked with 52 sites across 17 states to implement the National Diabetes Prevention Program (National DPP), a CDC initiative aimed at preventing or delaying Type 2 diabetes. The lifestyle change program is designed to help participants make lasting changes, like eating healthier, increasing physical activity, and improving coping skills.



AADE National DPP Locations*



Universities or Schools

1



Hospitals, Health Care Systems, Medical Groups, or Physician Practices

41



Pharmacies

4



Indian Health Services, or Native American or Tribal Health Systems

2



Community-Based Organizations, Community Health Centers, or Federally Qualified Health Centers

3



Fitness Centers

1

19 sites achieved CDC Full Recognition for effective program delivery



ELIGIBLE PARTICIPANTS
2,998

attended ≥ 1 session*

HIGH RETENTION
Over 88%

attended ≥ 4 sessions and stayed in the program at least 9 months**

WEIGHT LOSS
Average
4.1%
decrease in body weight at 12 months

PHYSICAL ACTIVITY
154 minutes
of physical activity, on average, per week

8

Insurers
on board across 4 years

52

Employers
offering the National DPP lifestyle change program onsite across 4 years

* Across 4 years of CDC grant funding for the National DPP. ** Increase from 81% in Year 3.

Sources: National DPP Data, October 1, 2012–September 30, 2016; Diabetes Prevention Recognition Program (DPRP) outcomes data for participants attending their first session October 1, 2012–September 30, 2016.

Learn more about the National Diabetes Prevention Program at <https://www.cdc.gov/diabetes/prevention>