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*

![Map of AADE National DPP Locations](image)

- **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**

### Key Results

- **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

*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](https://www.cdc.gov/diabetes/prevention)