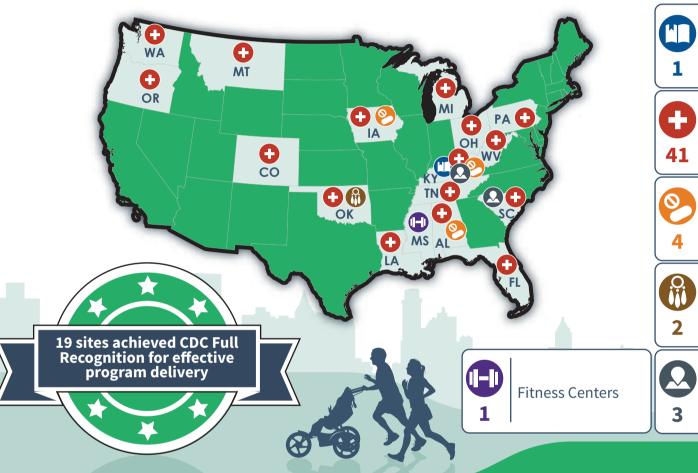
Working to Prevent Type 2 Diabetes

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

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



Pharmacies



Indian Health Services, or Native American or Tribal Health Systems



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

ELIGIBLE PARTICIPANTS

attended ≥ 1 session*

HIGH **RETENTION Over 88%**

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

WEIGHT LOSS Average

decrease in body weight at 12 months

PHYSICAL ACTIVITY 154 minutes

of physical activity, on average, per week

Insurers on board across 4 years







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

* Across 4 years of CDC grant funding for the National DPP. ullet 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.