Public-Private Partnerships Working to Prevent Type 2 Diabetes

The Centers for Disease Control and Prevention (CDC) funded six national organizations with multi-state networks that have helped more than 14,870 people with prediabetes or at risk for developing type 2 diabetes significantly reduce their risk by making healthier lifestyle choices, which include losing weight and increasing physical activity. *

From 2012-2016, the six national organizations have established 165 CDC-recognized organizations (i.e., delivery sites) across 38 states to implement the National Diabetes Prevention Program (National DPP) lifestyle change program to prevent or delay onset of type 2 diabetes in those at high risk in the U.S. The lifestyle change program is designed to help participants make lasting behavior change like eating healthier, increasing physical activity, and improving skills to cope with stress.

Locations of CDC-Recognized Organizations supported by CDC’s Cooperative Agreement DP12-1212

In addition to establishing a multi-state network of CDC-recognized organizations providing high quality lifestyle change classes, organizations were tasked with getting more employers and insurers to offer the National DPP lifestyle change program as a covered benefit. Across 4 years of CDC funding, organizations achieved the following outcomes:

**INSURERS ON BOARD**
- 49 new insurers cover the National DPP lifestyle change program

**EMPLOYERS EDUCATED**
- 3,279 employers were educated about the benefit of covering the National DPP lifestyle change program for employees at high risk for type 2 diabetes

**EMPLOYERS OFFERING**
- 199 employers offer the National DPP lifestyle change program on-site

**ELIGIBLE PARTICIPANTS**
- 14,876 attended ≥ one session

**HIGH RETENTION**
- average 16 sessions attended among participations with at least 4 sessions

**WEIGHT LOSS**
- average 4.6% weight loss at 12 months

**PHYSICAL ACTIVITY**
- 158 minutes of physical activity, on average, per week

Sources: DP12-1212 Program Evaluation Data, October 1, 2012-September 30, 2016; Diabetes Prevention Recognition Program (DPRP) outcome data for participants attending their first session between October 1, 2012-September 30, 2016

*Across 4 years of CDC funding

Learn more about the National Diabetes Prevention Program at [https://www.cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)