

WORKING TO PREVENT TYPE 2 DIABETES IN UNDERSERVED COMMUNITIES ACROSS THE U.S.

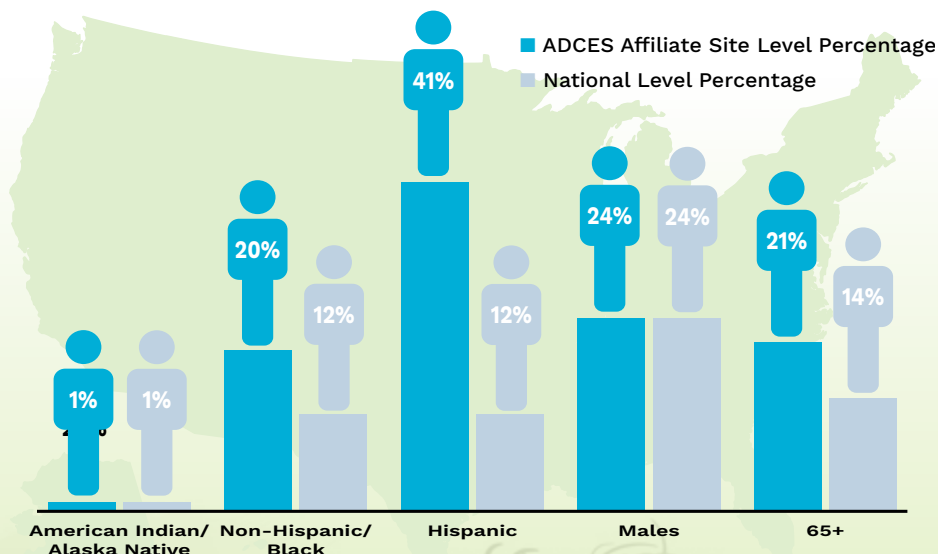
The Association of Diabetes Care & Education Specialists (ADCES) is activating the Centers for Disease Control and Prevention (CDC) National Diabetes Prevention Program (National DPP) within underserved communities through **in-person, distance learning and online delivery modes**. Through a 5-year cooperative agreement (DP17-1705), ADCES is increasing access and availability to the National DPP lifestyle change program to specific priority populations at high risk for developing type 2 diabetes.

Advancing Health Equity through CDC-Recognized Diabetes Prevention Programs

Priority Populations of Focus

Medicare Beneficiaries, Men, African Americans, Hispanics, American Indians

Working with trusted local partners who know their communities' needs, ADCES engages people with prediabetes to eat healthy, get active, manage stress, and develop realistic positive health behaviors that can be maintained long-term.



Percent of enrollments from specific populations (ADCES v. overall national enrollment)



TOTAL PARTICIPANTS
1815
Attended at least one session



HIGH RETENTION
88%
Attended at least three sessions



WEIGHT LOSS
3%
Average weight loss



PHYSICAL ACTIVITY
208 Minutes
Of physical activity, on average, per week



To learn more about this cooperative agreement or how organizations can get involved, visit: <https://www.diabeteseducator.org/expandingDPP>

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