

The National Diabetes Prevention Program

WHAT IS IT?

The **National Diabetes Prevention Program (NDPP)** is a group-based, participatory workshop facilitated by a trained and CDC-certified lifestyle coach. Participants commit to losing 5% of their body weight and increasing physical activity. The 26 sessions are delivered over one year, starting with weekly meetings and transitioning to monthly sessions. The curriculum focuses on healthy eating and exercise, emphasizing calorie balance. Participants learn practical strategies for staying motivated, managing stress, preparing food, solving problems, avoiding negative thoughts, and preventing relapse. Participant weight and physical activity are tracked throughout the program. The CDC collects and monitors data to ensure program effectiveness and certification status.

WHO IS IT FOR?

The NDPP is designed for adults (age ≥ 18) who have obesity and are at high risk of diabetes. Eligibility criteria include a BMI of ≥ 24 (≥ 22 if Asian) and one of the following: A1C of 5.7-6.4%, FPG of 100-125 mg/dL, GTT of 140-199 mg/dL, or a history of gestational diabetes. The program is particularly beneficial for obese individuals with an A1C $> 6\%$, as the effect on progression to diabetes increases with higher A1C levels. Participants must be motivated to lose weight, live a healthier life, and commit to attending the program. The program is especially appropriate for Latino and African American populations when culturally matched programs are available, as well as for older adults and individuals with depression and/or social isolation. It is not suitable for people who currently have a diagnosis of diabetes.

WHAT DOES IT DO?

The NDPP equips and encourages individuals at high risk of diabetes to make sustainable lifestyle changes that result in a 4-7% loss of body weight. The original randomized controlled trial showed a 58% reduction in the progression to diabetes, outperforming metformin. More recently, a CMS-funded translational study conducted in YMCAs across America confirmed an average 5% weight loss and net savings of \$2600 per beneficiary in lay-led and group-based settings.



1 in 3 Americans have Prediabetes



98 million American adults have prediabetes, 90% don't know they have it



To make a referral or register for an upcoming workshop, visit healthylivingforme.org

HOW TO DISCUSS WITH PATIENTS

When discussing the NDPP with patients, it is important to highlight their risk of developing diabetes. Emphasize the burdens of diabetes and encourage patients to talk to others they know who have diabetes about whether they would have taken the opportunity to prevent it. Avoid using the term "prediabetes," as it may have little meaning to patients and could invoke unnecessary anxiety among those who may never progress to diabetes. Instead, focus on encouraging the patient and expressing your excitement and support for their journey toward better health.