

# Evidence-Based Lifestyle Change Programs to Prevent or Delay Type 2 Diabetes

The National DPP is a lifestyle change program that has been shown to reduce the risk of developing type 2 diabetes by 58% (71% in those 60 and older) for people with prediabetes

The *Standards of Care in Diabetes* of the American Diabetes Association® (ADA) recommends that providers refer people with prediabetes to a lifestyle change program that is modeled on NIH's Diabetes Prevention Program (DPP).

CDC-recognized lifestyle change programs use curricula modeled on the DPP providing people at high risk for diabetes with a focused, evidence-based intervention that provides professional help to make small but impactful, lasting changes.

Year-long sessions are facilitated by a trained lifestyle coach with a focus on nutritional and physical activity modifications that can reduce the risk for or delay type 2 diabetes.

**Research shows DPP-based/CDC-recognized lifestyle change programs are effective at preventing or delaying type 2 diabetes.**



**Diabetes onset** is expected to be **delayed by 11.1 years** with the lifestyle change program compared to 3.4 years with metformin.<sup>1</sup>



People who lost **between 5% and 7%** of their body weight had a **58% lower incidence** of type 2 diabetes.<sup>2</sup>



A total of **5% of participants** developed diabetes **compared to 11%** of group members who received a placebo instead.<sup>3</sup>



The program has **lasting results**, showing that participants had a **34% lower rate** of type 2 diabetes 10 years after they completed the program.<sup>4</sup>

**Screen** your patients for prediabetes using the ADA's Type 2 Diabetes Risk Test: [diabetes.org/diabetes-risk-test](https://diabetes.org/diabetes-risk-test)

**Test** your patients for prediabetes using one of three blood tests: [diabetes.org/a1c/diagnosis](https://diabetes.org/a1c/diagnosis)

**Refer** them to an evidence-based lifestyle change program recognized by the CDC: [nccd.cdc.gov/DDT\\_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx)

<sup>1</sup>Aroda, V. R., & Ratner, R. (2008). Approach to the patient with prediabetes. *The Journal of Clinical Endocrinology & Metabolism*, 93(9), 3259–3265.

<sup>2</sup>Diabetes Prevention Program Research Group. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346, 393–403.

<sup>3</sup>Ibid.

<sup>4</sup>Ibid.