



## HOW TO

# Talk to Your Patients About the National Diabetes Prevention Program (National DPP) Lifestyle Change Program

Your patients will have many questions about the National Diabetes Prevention Program (National DPP) lifestyle change program. The following talking points will help you answer those questions and help your patients decide if the program is right for them.

## Program Overview

- The Centers for Disease Control and Prevention's National DPP lifestyle change program can help you prevent or delay type 2 diabetes.
- The program is facilitated by trained lifestyle coaches, many of whom are dietitian, fitness coaches, or diabetes educators.
- It also provides a support group of people with similar goals and challenges who will help you overcome obstacles and celebrate successes.

## Benefits

- By taking part in the structured lifestyle change program and losing 5% to 7% of your body weight, you can cut your risk of type 2 diabetes by more than half.\*
- Participants have reported feeling better, having more self-confidence, and having more energy to do what they love.
- With the changes you make to your diet and physical activity through the lifestyle change program, you may be able to manage other conditions like high blood pressure and high cholesterol with fewer medications.

\*Based on a 5-year study conducted by the Department of Health and Human Services, National Institutes of Health, and National Institute for Diabetes and Digestive and Kidney Diseases. Research found that in 3,234 participants who were overweight and had prediabetes, lifestyle changes worked particularly well for participants aged 60 and older.

## Program Logistics

- When you join the lifestyle change program, you'll get a year-long program led by a trained lifestyle coach.
- The program provides weekly 1-hour core sessions for up to 6 months and then monthly sessions for the rest of the year to help your new, healthy habits stick and keep you from slipping back into old habits.
- From healthy shopping techniques to stress management tips, you will learn new ways to stay healthy and sustain those changes over time.

## Cost, Coverage, and Finding a Program

Cost is an important factor for patients who are considering participating in the lifestyle change program. Ask your administrative staff to help patients find organizations that offer the lifestyle change program.

- The cost of participating in the lifestyle change program varies depending on location, the organization offering it, and the type of program (in person or online). Many insurance plans cover the cost of the program, and some programs are offered for free or at a reduced price.
- Our office staff will help you locate the lifestyle change program in your area.

## For More Information

- Please contact
- You can find additional program information at [CDC.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention).