

Why CDC Recognition Matters

Getting the Value You Expect From Diabetes Prevention Benefits

When offering the National Diabetes Prevention Program (National DPP) lifestyle change program to your workforce, you want to choose an organization that is recognized by the Centers for Disease Control and Prevention (CDC).

CDC's Diabetes Prevention Recognition Program (DPRP) recognizes organizations that deliver the National DPP lifestyle change program in a way that has been proven to prevent or delay the onset of type 2 diabetes.

The following CDC tools can help you choose an effective program:

- [DPRP Registry](#), which identifies organizations that meet CDC standards for offering the National DPP lifestyle change program.
- [Find a Program](#), which identifies available programs by zip code.

For more details on what each organization has to offer, visit the individual websites found at these links.

CDC Sets National Standards for Effective Programs

To be recognized by CDC, organizations must meet national quality standards set by the DPRP and achieve the desired outcomes of the National DPP lifestyle change program. They must also use an evidence-based curriculum, meet data-gathering prerequisites, and meet program evaluation requirements.

The goal of the DPRP is to “assure decisions about participant eligibility, program content, data collection and reporting that could lead to health insurance benefits are based on accurate, reliable, and trustworthy information...one of the DPRP’s main objectives is to assure program quality and maintain fidelity to scientific evidence.”¹

CDC-Recognized Organizations Must:

- Use a CDC-approved curriculum, such as the one developed by CDC. Organizations can also develop their own curriculum or use one created by another organization (with permission), as long as CDC approves it.
- Be able to start offering the lifestyle change program immediately or no later than 6 months after receiving CDC approval.

- Be able to deliver the program over at least 1 year, including at least 16 sessions during the first 6 months and at least 6 sessions during the last 6 months.
- Submit data on participants' progress—including information about attendance, weight loss, and physical activity—every 6 months.
- Train Lifestyle Coaches to help participants build the skills and confidence they need to make lasting lifestyle changes.
- Have a designated diabetes prevention program coordinator.
- Ensure that at least 35% of participants were diagnosed with prediabetes through blood testing (or have a history of gestational diabetes)

Effective Programs Deliver Value

Multiple diabetes prevention and management resources are available to patients, payers, and providers. However, the standards that CDC has established for the National DPP lifestyle change program—and the scientific evidence supporting it—set it apart from many wellness programs that seek to prevent type 2 diabetes among people at risk.

Because of the effectiveness of this evidence-based program, many employers and payers offer it as a covered medical or wellness benefit.²

The following elements of the National DPP lifestyle change program provide value to employers:

Evidence based. The original DPP research study found that a structured lifestyle change program that helped participants lose 5% to 7% of their body weight (10 to 14 pounds for a person weighing 200 pounds) reduced the risk of developing type 2 diabetes by 58% in adults at high risk for the disease.³ Other studies have shown that delivering the National DPP lifestyle change program in community settings and online can also prevent or delay type 2 diabetes.⁴

Value alignment. Because the National DPP lifestyle change program focuses on achieving specific health outcomes, it provides value by creating opportunities to connect payments to program outcomes.

Habit formation. The National DPP lifestyle change program lasts 1 year because it takes time to form new health habits. The program's length helps solidify the recommended lifestyle changes, which often require a series of small changes over time to be effective. These changes are designed to help participants achieve and maintain any of the following outcomes: at least a 5% weight loss; at least a 4% weight loss, plus at least 150 minutes a week of physical activity; or a 0.2% reduction in HbA1C.

Other health benefits. Although the program's purpose is to prevent type 2 diabetes, the curriculum's long-term focus on healthier eating and increased physical activity has a range of health benefits. For example, it can help people reduce their risk of other chronic conditions, like cardiovascular disease.³



Want to learn more about offering the National DPP lifestyle change program as a covered benefit?

Visit the [Commercial Payers](#) section of the National Diabetes Prevention Program Coverage Toolkit.

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Trained coaches. The program provides access to trained Lifestyle Coaches. This approach encourages accountability and helps participants follow the program. Not all employee wellness programs include this level of interaction and support.

Participation in a national prevention effort. Employers and payers who offer or cover the National DPP lifestyle change program become part of a national partnership designed to bring this effective program to employees.

References

1. Centers for Disease Control and Prevention. (2021, May 1). *CDC Diabetes Prevention Recognition Program standards and operating procedures*. <https://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf>
2. Centers for Disease Control and Prevention. (2021, August 3). *Why Offer a Lifestyle Change Program*. <http://www.cdc.gov/diabetes/prevention/why-offer-lcp.htm>
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4. National Association of Chronic Disease Directors. (2022, September 2). *The National DPP – evidence*. National Diabetes Prevention Program Coverage Toolkit. <https://coveragetoolkit.org/about-national-dpp/evidence>

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The "Diabetes Technical Assistance and Support for State Health Departments" project is supported by the Centers for Disease Control and Prevention (CDC) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$6,500,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.



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