

Helping 84 Million Americans Prevent Type 2 Diabetes



A Chronology of the National Diabetes Prevention Program

- 1996** NIH begins Diabetes Prevention Program (DPP) clinical trial to compare effectiveness of intensive lifestyle changes vs. an oral medication (metformin) in preventing or delaying the onset of type 2 diabetes.
- 2001** DPP halted and all participants are offered the lifestyle intervention program because it is **so effective** in reducing type 2 diabetes risk.
- 2002** DPP results officially released in *New England Journal of Medicine* showing that lifestyle intervention reduces the risk of developing type 2 diabetes by **58% overall**, and by **71% among older adults**.
- 2008** Research by Indiana University School of Medicine shows that the DPP initiative can be offered cost effectively in community settings like local Ys (current real-world estimates are \$425-\$600 per participant for the year-long program)
- 2009** Results from 10 year follow-up to the DPP published in *The Lancet* show that prevention or delay of diabetes through lifestyle intervention persists for at least a decade.
- 2010** The National Diabetes Prevention Program is established as a public-private partnership at the Centers for Disease Control and Prevention.
- 2011** CDC establishes the Diabetes Prevention Recognition Program to assure that National DPPs are delivered effectively and consistently across the nation.

The Community Preventive Services Task Force recommends combined diet and physical activity promotion programs aimed to prevent type 2 diabetes among individuals at increased risk of the disease. The Task Force recommendation is based on DPP evidence.
- 2015** The U.S. Preventive Services Task Force publishes a diabetes screening guideline which recommends clinicians offer or refer patients with prediabetes to "intensive behavioral counseling interventions". The DPP is the evidence-base supporting these interventions.
- 2016** The Centers for Medicare and Medicaid Services Actuary certifies that seniors with prediabetes who participate in DPP save Medicare \$2,650 over 15 months. As a result, the Department of Health and Human Services announces Medicare will begin covering DPP for eligible seniors beginning in 2018.
- 2018** Today, over 1,600 organizations across the country have received CDC National DPP recognition. Over 60 commercial health plans provide coverage for National DPP and 12 states cover the intervention for state employees/dependents.

Medicare began covering diabetes prevention program for eligible beneficiaries with no cost-sharing on April 1st.

The Diabetes Advocacy Alliance urges Congress to provide \$29 million in Fiscal Year (FY) 2019 for the CDC's National Diabetes Prevention Program.