

There are more than 84 million people in the U.S. with prediabetes, but only 11.6% of them have been told by a health professional that they have it. Up to 30 percent of these people will develop type 2 diabetes within five years.

To mitigate this serious public health crisis, the Centers for Disease Control and Prevention (CDC) established the [National Diabetes Prevention Program \(National DPP\)](#) lifestyle change program, that is proven to slow or prevent the development of this disease among adults with prediabetes. It is an evidence-based, year-long program encouraging modest behavior changes to reduce the risk of type 2 diabetes.

Revised May 2018

Since 1988, the National Association of Chronic Disease Directors and its more than 6,500 members have worked to strengthen state-based leadership and expertise for chronic disease prevention and control in all states, territories, and nationally. Learn more at chronicdisease.org or contact Kelly McCracken at kmccracken@chronicdisease.org.

More than 1,400 CDC-recognized organizations offer the National DPP lifestyle change program to more than 100,000 participants. Several states provide coverage through Medicaid or to state employees. More than 60 commercial health plans provide some coverage for the program and Medicare will start to reimburse for this program in 2018.

CoverageToolkit.org

The online National DPP Coverage Toolkit, launched in 2017 by the National Association of Chronic Disease Directors and Leavitt Partners, and funded by the CDC, can help organizations navigate the potential complexities of offering the program as a covered benefit.

The toolkit includes an introductory overview of the National DPP and provides information about the mechanics of covering the program. It is organized by payer type: Medicaid agencies, Medicaid managed care organizations (MCOs), commercial plans and employers, and Medicare.

- **PROGRAM DELIVERY:** This section of the website covers steps that should be considered for delivering the program, including screening and identifying potential participants, recruitment and referral, enrollment and retention, and options for program delivery.
- **CONTRACTING:** This area includes information about contracting with CDC-recognized organizations as well as cost, reimbursement, and rate setting.
- **CODING AND BILLING:** This section covers steps and considerations associated with coding and billing for the program, including diagnosis (ICD) and procedure (CPT) codes and claims submission.
- **DATA AND REPORTING REQUIREMENTS:** This section covers information on the type of data that needs to be reported to the CDC's Diabetes Prevention Recognition Program (DPRP), as well as other data reporting standards.
- **PARTICIPATING PAYERS:** This area offers an up-to-date listing of states, health plans and self-insured employers covering the program.