



Why Choosing a CDC-Recognized Program 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, it is important to choose a provider that is recognized by the Centers for Disease Control and Prevention (CDC). CDC has helpful tools to guide you through this selection process, including the [Diabetes Prevention Recognition Program \(DPRP\) Registry](#) that identifies organizations that have met CDC standards for offering the National DPP lifestyle change program.

This document will guide you through the quality standards that set CDC-recognized organizations apart and the merits of the National DPP lifestyle change program. The *Now What?* section will provide you with resources to begin working with a CDC-recognized organization.

CDC-Recognition Sets the National DPP Apart

CDC established the DPRP to recognize organizations that have proven their ability to provide and facilitate the National DPP lifestyle change program. CDC-recognized organizations must adhere to the National DPP lifestyle change program 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

DPRP Criteria for Recognized Lifestyle Change Programs¹:

- Use of a CDC-approved curriculum. An organization can use a curriculum developed by CDC, or they can develop their own or use that of another organization (with permission) as long as CDC approves it.
- Ability to begin offering the lifestyle program within 6 months of receiving approval from CDC.
- Capacity and commitment 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.
- Ability to submit data on participants' progress – including attendance, weight loss, and physical activity – every 6 months.
- Trained lifestyle coaches who can help build participants' skills and confidence to make lasting lifestyle changes.
- Designated individual(s) to serve as the diabetes prevention program coordinator.
- In addition, the recognition program requires that at least 35% of participants be diagnosed with prediabetes through blood testing (or have a history of gestational diabetes).

¹ CDC, DPRP Standards and Operating Procedures, www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf

Additional Merits of the National DPP Lifestyle Change Program

While multiple diabetes prevention and management resources are available to patients, payers, and providers, the standards that CDC has determined for the National DPP lifestyle change program sets it apart from many wellness programs on the market that seek to prevent type 2 diabetes among at-risk individuals. Due to the effectiveness of this evidence-based program, many employers and payers offer it as a covered benefit.² The following program elements provide value to employers who offer the program as a medical or wellness benefit include:

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

Visit the [Commercial Health Plans & Employers](#) section of the Coverage Toolkit.

- **Evidence based.** A clinical trial from 1996 found that the Diabetes Prevention Program reduced the incidence of type 2 diabetes in participants. Since then, numerous studies have shown that delivering the National DPP lifestyle change program through community settings and online programs can also prevent or delay type 2 diabetes.³
- **Value alignment.** With a focus on outcomes, the National DPP lifestyle change program aligns with the transition to value and creates opportunities for connecting payments to program outcomes.
- **Habit formation.** The National DPP lifestyle change program is a year-long program because it takes time to form new health habits. The program length helps to solidify the lifestyle changes promoted in the program, which often require a series of small changes over time to be effective. Through these habit changes, the program also aims to help participants lose and maintain the loss of at least 5% of their body weight.
- **Corollary 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 and can help to reduce the risk of other chronic conditions, such as cardiovascular disease.³
- **Trained coaches.** All National DPP lifestyle change program vendors, including virtual providers, include access to trained coaches. This encourages accountability and promotes program adherence. Not all employee wellness offerings 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 to bring effective lifestyle change programs to communities.

² CDC, Why Offer a Lifestyle Change Program, www.cdc.gov/diabetes/prevention/why-offer-lcp.htm

³ NACDD, The National DPP – Evidence, <https://coveragetoolkit.org/about-national-dpp/evidence/>

Now What?

Follow the steps below to identify a CDC-recognized organization to work with in offering the National DPP lifestyle change program as a covered health or wellness benefit for your workforce.

- Identify whether you would like to offer the National DPP lifestyle change program to employees online, via distance learning, or in-person. Employer preference for delivery method often depends on the culture and structure of the employee population. For example, are your employees local, dispersed, or remote?
- Consider whether you want to work with a smaller, local provider or a larger, regional/national provider.
- Utilize the [Coverage in Practice](#) page of the Coverage Toolkit to learn more about how you can organize and administer the program.
- Use the [DPRP Registry](#) to begin identifying providers you want to work with. The registry lists contact information for every CDC-recognized organization in the U.S. and includes information about whether the program is offered in-person or online and who can participate.
- Explore the websites of various providers you are interested in to learn more about their program.
- Start contacting your top providers to discuss offering the National DPP lifestyle change program to your employees.



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