

THE NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

The National Diabetes Prevention Program (NDPP) is a proven lifestyle change program that can cut a person’s risk for type 2 diabetes in half.

This year-long, evidence-based program is led by certified instructors who help people change their lifestyle by exercising more and losing weight. As a result, people not only reduce their risk of developing type 2 diabetes, but also their risk of other health complications which reduces health care costs. And people experience these benefits for as long as 10 years after completing the program.

THE PROBLEM

Prediabetes is a serious condition that can lead to heart disease, heart attack, stroke and type 2 diabetes, the most common form of diabetes.

PREDIABETES CAN OFTEN BE REVERSED THROUGH LIFESTYLE CHANGES, LIKE THOSE TAUGHT BY NDPP.

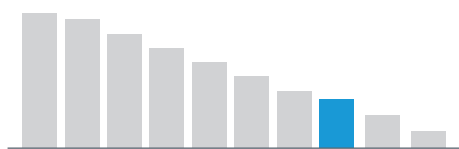
Without intervention, like NDPP, many people with prediabetes could develop type 2 diabetes within 5 years. Type 2 diabetes is an irreversible and progressive disease that disproportionately affects people with low incomes.



1 IN 3 ADULTS have prediabetes.



91% of Coloradans with diabetes had 1+ other chronic health conditions.



Diabetes is the **8th LEADING CAUSE OF DEATH** among Colorado adults.

GOALS OF NDPP



PHYSICAL ACTIVITY
30 min., 5x week



WEIGHT LOSS
5-7% body weight

NDPP IS EFFECTIVE

Several systematic reviews found that NDPPs:



DECREASE body weight and blood sugar.



IMPROVE blood pressure and cholesterol levels.



PREVENT OR DELAY the onset of type 2 diabetes.



People with prediabetes who participate in NDPP can **CUT THEIR RISK** of developing type 2 diabetes.



Participants can cut their risk by **58 PERCENT**.



Participants older than 60 years old can cut their risk by **71 PERCENT**.

The results last.

After **10 YEARS**, people who completed NDPP were a **THIRD LESS LIKELY** to develop type 2 diabetes.



Data show NDPP is **MORE EFFECTIVE** than metformin alone.

NDPP SAVES LIVES



NDPP **REVERSES** prediabetes and/or **DELAYS** the onset of type 2 diabetes.



NDPP can **CUT A PERSON'S RISK FOR TYPE 2 DIABETES IN HALF.**



Reversing prediabetes **DECREASES A PERSON'S RISK FOR HEART DISEASE AND STROKE.**

6,517 Colorado adults have participated in NDPP. On average, they lost 3.8 percent of their body weight and gained lifelong health benefits.

Even modest weight loss can make a big impact. For a person who weighs 200 pounds, losing 5 percent of his or her body weight means losing just 10 pounds in one year.

NDPP SAVES MONEY

NDPP prevents or delays the onset of type 2 diabetes, one of the most expensive chronic conditions to manage.



Medical costs for people with diabetes are **2.3 TIMES HIGHER** than for those without diabetes.



On average, a patient with diabetes accrues \$13,700 in medical costs per year.

\$7,900 – **MORE THAN HALF** – of those yearly medical costs are attributed to diabetes.



It costs **LESS THAN \$1,000** per patient to offer NDPP and the patient continues to experience the benefits long after completing the program.

Lifestyle change interventions are cost effective and can save money by reducing chronic disease and improving health outcomes.



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NDPP IS COVERED BY MOST MAJOR COLORADO INSURERS

- Medicare
- Medicare Advantage
- Kaiser Permanente
- Anthem
- UnitedHealthcare

Roughly 200,000 Health First Colorado clients are at risk for developing type 2 diabetes and would be eligible for this program.

“

BEFORE THIS CLASS I DIDN'T KNOW I WAS AT HIGH RISK. THESE SESSIONS HAVE MADE A WORLD OF DIFFERENCE.

- Penrose St. Francis NDPP participant

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COLORADO IS A LEADER IN NDPP

The CDC recognized Colorado as an early adopter and leader in diabetes prevention work.

National organizations, including the American Diabetes Association, have recognized our state for its impressive work.

In Colorado, there are 40 organizations delivering the National Diabetes Prevention Program and more than 6,500 Coloradans have participated.



COLORADO
Department of Public Health & Environment