

THE NATIONAL DIABETES PREVENTION PROGRAM (DPP) FOR EMPLOYERS.

FREQUENTLY ASKED QUESTIONS

WHAT IS THE NATIONAL DPP?

The National Diabetes Prevention Program—or National DPP—is a partnership of public and private organizations working to prevent or delay type 2 diabetes.

The partners work to make it easier for people with prediabetes or at risk for type 2 diabetes to participate in evidence-based, affordable, and high-quality lifestyle change programs to reduce risk of type 2 diabetes and improve overall health..



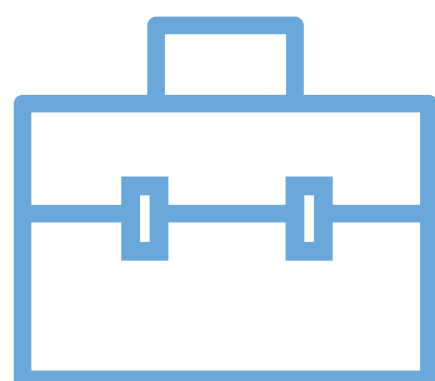
WHAT IS THE DPP PROGRAM?

The DPP program is an evidence-based lifestyle change program for individuals. Groups of participants meet once a week online or in-person for 16 weeks, then once a month for 6 months to maintain healthy lifestyle changes. During each session, a lifestyle coach teaches lessons and leads group discussions on health eating, stress reduction, and physical activity.



WHY IS THIS IMPORTANT TO YOUR ORGANIZATION?

Diabetes affects more than 30 million American adults. Roughly one-third of your workforce is at risk..Without intervention, many people with prediabetes develop type 2 diabetes within 5 years. Type 2 diabetes contributes to rising medical costs. Employees with diabetes may miss more work and have lower productivity. As an employer, you are in a unique position to promote awareness and change.



HOW CAN I PREVENT TYPE 2 DIABETES FOR MY EMPLOYEES?

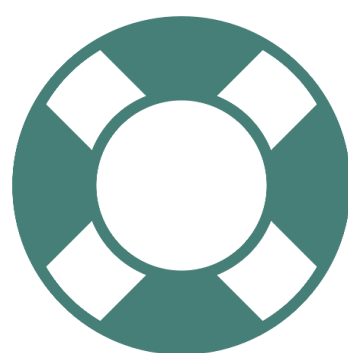
Preventing type 2 diabetes is typically much cheaper than treating the consequences of the disease. Addressing diabetes in the workplace doesn't need to be costly, but it does need to be strategic.

You can help your employees prevent type 2 diabetes by offering CDC-recognized lifestyle change programs as a covered benefit. An employer with 250 employees could save up to \$8,759 over three years. Many insurance companies offer diabetes prevention lifestyle change programs as a covered benefit of your medical plan.



DOES THE PROGRAM REALLY WORK?

Yes! In fact, the program can help people with prediabetes cut their risk of developing type 2 diabetes in half among adults with prediabetes and by 71% in those aged 60 years or older.



I'M INTERESTED! WHAT ARE MY NEXT STEPS?

- Start by offering a quick risk assessment tool to employees.
- Talk to your health insurance provider(s) about coverage of CDC-recognized programs.
- Choose how to offer the program – offsite, onsite or virtual (or a combo thereof).
- Name and promote the program in a way that appeals to your workforce and their support networks (extending to friends and family increase participation!).
- Include optional incentives and plan after-program support.
- Provide awareness education for employees through internal websites, bulletin boards, newsletters, social media, and other available channels.
- Include healthy food and beverage options in vending machines, cafeterias, and at employer sponsored events.

