

NATIONAL DIABETES PREVENTION PROGRAM (NDPP)

The National Diabetes Prevention Program was developed and researched by the U.S. Centers for Disease Control and Prevention. It is proven to help people with pre-diabetes or at risk of developing Type 2 diabetes make lifestyle changes to prevent or delay the onset of the disease. The program is community-based and offered in nearly every county in Maine.

THE TRIPLE AIM

In 2007, the Institute for Healthcare Improvement launched the Triple Aim Initiative to help health care systems improve the health of their population, lower per capita cost of care, and provide high quality patient experience of care.



IMPROVE PATIENT EXPERIENCE OF CARE

- NDPP encourages patients to be active partners in managing their health, which leads to greater patient satisfaction.
- Trained lifestyle coaches offer NDPP in nearly every county in Maine.

IMPROVE HEALTH OF POPULATIONS

- Participants who lose a modest amount of weight (between 5 – 7%) **REDUCE** their **RISK** of developing Type 2 diabetes by **58%**. That is 10 pounds for a person who weighs 200 pounds.
- Even after 10 years, the rate of Type 2 diabetes among NDPP participations was **34%** lower than non-participants.

REDUCE PER CAPITA COST OF HEALTH CARE

- NDPP helps health systems identify and **DEPLOY RESOURCES** to high-risk individuals.
- As an evidence-based program, NDPP provides a structured intervention with standards that **REDUCES VARIATIONS** in implementation and health outcomes achieved.

