



The National Diabetes Prevention Program

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Abstract:

The Problem: The National Diabetes Prevention Program—or National DPP—was created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States. This national effort created partnerships between public and private organizations to offer evidence-based, cost-effective interventions that help prevent type 2 diabetes in communities across the United States. One key feature of the National DPP is the CDC-recognized lifestyle change program, a research-based program focusing on healthy eating and physical activity which showed that people with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

Fast Facts on Diabetes

Diabetes

Total: 34.2 million people have diabetes (10.5% of the US population)

Diagnosed: 26.9 million people, including 26.8 million adults

Undiagnosed: 7.3 million people (21.4% are undiagnosed)

Prediabetes

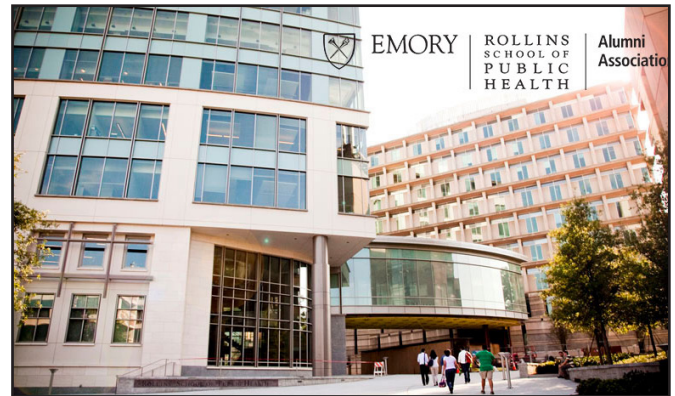
Total: 88 million people aged 18 years or older have prediabetes (34.5% of the adult US population)

65 years or older: 24.2 million people aged 65 years or older have prediabetes

The Solution:

HALT: Online DPP Delivery Platform: After working for nearly a decade to scale and sustain the National Diabetes Prevention Program (DPP), ProVention Health Foundation's leadership recognized a need to complement the existing landscape of DPP delivery options.

THE MISSING PIECE: Missing among the in-person DPP classes and full-service online DPP companies, was the ability for trained, DPP lifestyle coaches to simply offer an asynchronous, online learning opportunity to those who could not attend in-person classes and/or who could not afford the online options.



THE SOLUTION: ProVention partnered with a software company that was willing to license its CDC-approved DPP video curriculum and fully-integrated online DPP delivery platform (complete with messaging tools, photo-food logging, dashboards, data collection and mobile apps) to state health departments and other state-wide, coordinating bodies.

This new offering is called HALT (Health And Lifestyle Training) and is categorized as a technology platform that allows DPP-trained, lifestyle change coaches to provide to locally-led, online delivery of the DPP at prices that were previously unavailable.

Because ProVention is a nonprofit foundation, it is able to establish a low-cost, Master Licensing agreement with a central entity (such as a state health department) which in turn is allowed to grant sublicenses to any qualifying DPP delivery organization in its state – completely free of charge. ProVention is the only organization in the nation that offers a self-service DPP delivery platform with unlimited sublicenses.

Biography:

John W. Robitscher is working as a Chief Executive Officer at National Association of Chronic Disease, USA

[Webinar on Disease, December 18, 2020](#)

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