

# DIABETES PREVENTION PROGRAM

A Proven Program of Care



## What is DPP?

Diabetes Prevention Program (*DPP*) is an **evidence-based year-long lifestyle change program** to help participants at risk for type 2 diabetes adopt sustainable, healthy lifestyle choices and achieving weight loss.

## Who is eligible for DPP?

To participate in the program, patients would need to meet these requirements:

- 18 years or older
- A body mass index (*BMI*) of 25 or higher (23 or higher if Asian American)
- Not diagnosed with type 1 or type 2 diabetes.
- Not pregnant

- and -

Patients must also meet one of these criteria:

1. A blood test that includes any of these results:

- Hemoglobin A1C: 5.7–6.4%
- Fasting plasma glucose: 100–125 mg/dL
- Two-hour plasma glucose (after a 75 g glucose load): 140–199 mg/dL

- or -

2. Be previously diagnosed with gestational diabetes.

## How will this benefit my patients?

DPP can reduce patient chances of developing type 2 diabetes by 58% (71% for individuals aged 60 and older) compared to placebo.

## What does DPP offer my patients?

Program offers:

- CDC approved curriculum
- Specially trained lifestyle coach
- Group support
- Tools to track nutrition and physical activity and manage stress

## What are the program goals?

Goals of the program include:

- Weight loss of  $\geq 5\%$
- $\geq 150$  minutes of exercise per week
- HbA1c reduction of  $\geq 0.2\%$

## How do I refer?

- Epic referral to DPP (REF49)
- For questions or concerns, contact us at: [brancaticenter@jhmi.edu](mailto:brancaticenter@jhmi.edu) or 410-614-2701.

