The National Diabetes Prevention Program (NDPP) is a program that can help prevent or delay type 2 diabetes for people with prediabetes. An estimated 1 in 3 adults in Iowa have prediabetes. People with prediabetes are at high risk for developing type 2 diabetes.

NDPP is a year-long program. Classes are an hour long. Classes meet weekly at first, and later switch to meeting monthly. Classes are group-based. The two goals of the program are to:

1. Increase physically activity to 150 minutes a week.
2. Lose 5 to 7 percent of body weight. For a person who weighs 200 pounds, that means 10 to 14 pounds.

Research has found accomplishing those two goals lowers the risk of developing type 2 diabetes. In the class, participants meet with a trained lifestyle coach and a small group of other participants. There are many different NDPP classes offered in Iowa. Some classes meet only in person. Some classes are only online.

### Program Locations

An interactive Google map of NDPP sites is available here: [http://bit.ly/NDPPinIAmap](http://bit.ly/NDPPinIAmap). Phone numbers and addresses are listed on the Google Map. A list of NDPP providers, including online programs, is available here: [https://nccd.cdc.gov/DDT_DPRP/Registry.aspx](https://nccd.cdc.gov/DDT_DPRP/Registry.aspx). A list of YMCAs participating in the YMCA DPP is available here: [http://www.ymca.net/diabetes-prevention/participating-ys.html](http://www.ymca.net/diabetes-prevention/participating-ys.html) YMCA is a national partner of NDP but has their own process. Below is a list of current and upcoming sites in Iowa by city. An * by an organization means classes will begin later this year. Other locations may be available as well.

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<tr>
<th>City</th>
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<tr>
<td>Ames</td>
<td>Lincoln Center Hy-Vee Mary Greeley Medical Center</td>
<td>Estherville</td>
<td>Avera Holy Family Hospital</td>
<td>Onawa</td>
<td>Burgess Health Center*</td>
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<td>Ankeny</td>
<td>YMCA of Greater Des Moines</td>
<td>Grundy Center</td>
<td>Grundy Family YMCA Grundy County Memorial Hospital</td>
<td>Sioux Center</td>
<td>Sioux Center Public Library</td>
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<td>Burlington</td>
<td>Great River Medical Center</td>
<td>Iowa City</td>
<td>Mercy Iowa City</td>
<td>Sioux City</td>
<td>Norm Waitt Sr. YMCA Sunnybrook Medical Plaza</td>
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<td>Carroll</td>
<td>St. Anthony Regional Hospital*</td>
<td>Iowa Falls</td>
<td>Hansen Family Hospital*</td>
<td>Tipton</td>
<td>Cedar County Public Health</td>
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<td>Cedar Rapids</td>
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<td>Red Haw Family Medical Center</td>
<td>Lake City</td>
<td>Stewart Memorial Community Hospital*</td>
<td>Washington</td>
<td>Living Well Center</td>
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<td>Council Bluffs</td>
<td>YMCA of Greater Omaha</td>
<td>Le Mars</td>
<td>Norm Waitt Sr. YMCA</td>
<td>Waterloo</td>
<td>Crossroads Hy-Vee Family YMCA of Black Hawk County</td>
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<td>Davenport</td>
<td>Scott County Family YMCA</td>
<td>Marshalltown</td>
<td>Central Iowa Healthcare Marshalltown YMCA-YWCA</td>
<td>West Des Moines</td>
<td>JETT PHC West Lakes Hy-Vee</td>
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<td>Des Moines</td>
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<td>Mason City</td>
<td>Cerro Gordo County Department of Public Health</td>
<td>Winterset</td>
<td>Madison County Memorial Hospital*</td>
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<td>Dubuque</td>
<td>Dubuque Community YMCA/YWCA* UnityPoint Health – Finley Hospital*</td>
<td>Muscatine</td>
<td>Trinity Muscatine*</td>
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What is Prediabetes?
Prediabetes is a health condition that means blood sugar, or glucose, levels that are higher than normal, but not high enough yet to be considered diabetes. An estimated 1 in 3 adults has prediabetes. A person with prediabetes is at increased risk for developing type 2 diabetes and having a heart attack or a stroke. Fortunately, people with prediabetes can cut their risk of getting type 2 diabetes in half by losing 5 to 7 percent of their body weight by eating healthy and being more active. The National Diabetes Prevention Program can help.

Evidence Supporting the Program and Cost Savings for Insurers and Employers
NDPP is based on a large, successful clinical trial (CDC 2015a, YMCA 2015a). The clinical trial showed the program to cause, among those with prediabetes, a 58 percent reduction in the number of new cases of diabetes overall. The program was even more successful with older participants. The program caused a 71 percent reduction in new cases for those over age 60 (Diabetes Prevention Program Research Group 2012). NDPP is cost-effective and often cost-saving. A cost-savings calculator for insurers and employers for providing NDPP as a covered benefit is available here: https://ama-roi-calculator.appspot.com/. The cost of preventing diabetes is typically much lower than the cost of managing it.

Participant Eligibility for the National Diabetes Prevention Program (CDC 2015b)
1. Patients must be 18 years of age or older and have a body mass index (BMI) of ≥24 kg/m\(^2\) (≥22 kg/m\(^2\) if Asian). (For Y DPP, the non-Asian participants must have a BMI of ≥25 kg/m\(^2\).) A BMI calculator is available online here: http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm. Pregnant women should not participate in the program.

2. A minimum of 50% of a program’s participants must have had a recent (within the past year) blood test indicating they have prediabetes, or a history of gestational diabetes mellitus, according to one of the following specifications:
   a. Fasting glucose of 100 to 125 mg/dl
   b. Plasma glucose measured 2 hours after a 75 gm glucose load of 140 to 199 mg/dl
   c. A1c of 5.7 to 6.4
   d. Clinically diagnosed gestational diabetes during a previous pregnancy (may be self-reported)

3. A maximum of 50% of a program’s participants may be considered eligible without a blood test or history of gestational diabetes only if they screen positive for prediabetes based on the CDC or American Diabetes Association Prediabetes Screening Test (available online at DowHavePrediabetes.org).

Cost of the Program
The cost for participating in NDPP is on average about $500 per person for the entire year (YMCAs have a nationally set price of $429). Some insurances and employers cover the cost of the program. Some sites offer scholarships. Self-pay is an option. Individuals are encouraged to check with their insurance company and employer to see if the program is covered. Insurers and employers who do not currently cover the program are encouraged to cover it. NDPP is cost-effective and, in many cases, cost-saving for insurers and employers.

Works Cited

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