



National Diabetes Prevention Program

Geographic Area: New Mexico, statewide

Target Audience: All residents who have pre-diabetes

Lead Organization: Diabetes Prevention and Control Program (DPCP) in collaboration with the CDC

Description: The National Diabetes Prevention Program (NDPP) is designed to bring evidence-based lifestyle interventions for preventing type 2 diabetes to communities. It is based on the National Institutes of Health-led Diabetes Prevention Program research study and subsequent translation (real-world) studies. The interventions in these studies focus on improving dietary choices and coping skills, increasing physical activity, and providing group support to help participants lose 5% to 7% of their body weight and get at least 150 minutes per week of moderate physical activity. This can reduce the risk of developing type 2 diabetes by 58%. The NDPP is establishing a network of lifestyle intervention programs to promote moderate weight loss and increased physical activity for those with pre-diabetes.

The DPCP is supporting the implementation of the NDPP's Lifestyle Balance 16-week course in a variety of settings and areas around the state. If you are interested in the New Mexico initiative, please send an email to dpcp@diabetesnm.org.

For the latest general information about the NDPP, go to the [Centers for Disease Control and Prevention](#) webpage.