

## Eligibility requirements

According to Diabetes Prevention Recognition Program standards, organizations that want to be recognized for providing type 2 diabetes prevention lifestyle interventions must enroll participants according to these requirements:

- All participants must be 18 or older and have a body mass index of  $\geq 24$  kg/m<sup>2</sup>.
- 50% of participants must have had a blood test within the past year or claim code indicating they have prediabetes or gestational diabetes mellitus (GDM) according to one of the following:
  - fasting blood glucose of 100 mg/dL to 125 mg/dL
  - plasma glucose measured 2 hours after a 75-g glucose load of 140 mg/dL to 199 mg/dL
  - A1c of 5.7 to 6.4
  - clinically diagnosed GDM in previous pregnancy.
- A maximum of 50% of a program's participants may be considered eligible without a blood test or history of GDM if they screen positive for prediabetes based on the CDC Prediabetes Screening Test (<http://www.cdc.gov/widgets/Prediabetes/Prediabetes.swf>) or screen positive for diabetes of the American Diabetes Association Type 2 Diabetes Risk Test (<http://www.diabetes.org/are-you-at-risk/diabetes-risk-test>).

Source: Centers for Disease Control and Prevention. Centers for Disease Control and Prevention Diabetes Prevention Recognition Program: Standards and operating procedures. January 1, 2015. [www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf](http://www.cdc.gov/diabetes/prevention/pdf/dprp-standards.pdf)