



June 17, 2020

Dear Tribal Leader:

We at the Centers for Disease Control and Prevention (CDC) understand that many of you and your staff have been working tirelessly on COVID-19 response activities. We respect and appreciate your leadership in protecting the health of American Indians and Alaska Native people.

CDC is updating the Diabetes Prevention Recognition Program Standards and Operating Procedures (DPRP Standards) for the National Diabetes Prevention Program (National DPP). This letter notifies tribal leaders and colleagues of proposed changes to the DPRP Standards published on June 15, 2020, in the *Federal Register*. An overview of key proposed changes to the DPRP Standards is attached. CDC invites your response during the 60-day comment period, for which instructions are found at the *Federal Register* site <https://www.federalregister.gov/documents/2020/06/15/2020-12810/proposed-data-collection-submitted-for-public-comment-and-recommendations>. Comments must be entered before August 14, 2020.

The proposed changes are based on evidence from published literature, existing data from DPRP, and input from tribal programs and other key stakeholders across the United States. Fundamental changes to the DPRP Standards create two new options that reflect participants' reduced risk for developing type 2 diabetes achieved through engagement in the National DPP lifestyle change program. These include a 0.3% reduction in hemoglobin A1C compared to a baseline value, or a 4% weight loss in combination with 150 minutes of weekly physical activity. Either option can be used as an alternative to the current 5% average weight loss to assist organizations in achieving full recognition. Extended program recognition status timeframes are also proposed for organizations demonstrating strong participant retention.

CDC commends the Indian Health Service (IHS) Special Diabetes Program for Indians (SDPI) for its seminal work demonstrating that an intensive intervention based on the Diabetes Prevention Program research trial could be successfully translated in tribal communities. The IHS press release announcing the first reported decrease in diabetes prevalence for American Indian and Alaska Native adults highlighted the outstanding work of the SDPI (<https://www.ihs.gov/newsroom/ihs-blog/april-2020-blogs/new-study-shows-decrease-in-diabetes-prevalence-for-american-indian-and-alaska-native-adults/>). The study, led by the IHS Division of Diabetes Treatment and Prevention and including CDC researchers, was published in the *BMJ Open Diabetes Research & Care* on April 19, 2020.

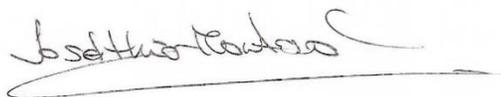
Building on the important work of tribes and IHS, and efforts led by CDC and other partners across the United States, the National DPP was established in 2010 to reach all Americans with prediabetes, particularly in communities disparately affected by type 2 diabetes. To date, 54 tribal programs are offering the National DPP lifestyle change program and have earned CDC recognition. Twenty-five of these programs had previously participated in the SDPI Diabetes Prevention Demonstration Project or Initiative. To expand the reach of the National DPP to more tribal communities, CDC and IHS are working to increase National DPP access. Some activities are briefly described in the attached document, the *National Diabetes Prevention Program: American Indians and Alaska Natives*.

Thank you for your interest in and support for the National Diabetes Prevention Program.

Sincerely,

A handwritten signature in black ink that reads "Ann Albright". The signature is written in a cursive, flowing style.

Ann Albright, PhD, RD
Director, Division of Diabetes Translation
National Center for Disease Prevention and Health Promotion
Centers for Disease Control and Prevention

A handwritten signature in black ink that reads "José T. Montero". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

José T. Montero, MD, MHCDS
Director, Center for State, Tribal, Local, and Territorial Support
Centers for Disease Control and Prevention