Diabetes Prevention Program (DPP)

National Diabetes Information Clearinghouse (NDIC)

Definitions

Type 2 diabetes
Defined by National Diabetes Information Clearinghouse (NDIC)

Impaired glucose tolerance (IGT)
Defined by National Diabetes Information Clearinghouse (NDIC)

Pre-diabetes
Defined by National Diabetes Information Clearinghouse (NDIC)

Overweight
Defined by National Diabetes Information Clearinghouse (NDIC)

Fat
Defined by National Diabetes Information Clearinghouse (NDIC)

Calorie
Defined by National Diabetes Information Clearinghouse (NDIC)

Metformin
Defined by National Diabetes Information Clearinghouse (NDIC)

Source

National Diabetes Information Clearinghouse (U.S.). (2009). The diabetes dictionary. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

A study by the National Institute of Diabetes and Digestive and Kidney Diseases conducted from 1998 to 2001 in people at high risk for *type 2 diabetes*. All study participants had *impaired glucose tolerance*, also called *pre-diabetes*, and were *overweight*. The study showed that people who lost 5 to 7 percent of their body weight through a low-*fat*, low-*calorie* diet and moderate physical activity—usually walking for 30 minutes 5 days a week—reduced their risk of getting type 2 diabetes by 58 percent. Participants who received treatment with the oral diabetes drug *metformin* reduced their risk of getting type 2 diabetes by 31 percent.