The Medicare Diabetes Prevention Program (MDPP) expanded model is an evidence-based lifestyle change intervention with the goal of preventing type 2 diabetes in individuals with an indication of prediabetes. The program consists of 12 months of core sessions of a Centers for Disease Control and Prevention (CDC) approved curriculum, and an additional 12 months of ongoing maintenance sessions for participants who meet weight loss and attendance goals.

MDPP is a performance-based payment model through the CMS Innovation Center. Beginning April 1, 2018, this benefit will be available for eligible Medicare recipients.

National Diabetes Prevention Programs with “preliminary” or “full” CDC Program Recognition may enroll as MDPP suppliers. Below are helpful resources provided by CMS.

**MDPP Enrollment Resources**
- Website: [https://med.virginia.edu/vcdpe/educational-resources/](https://med.virginia.edu/vcdpe/educational-resources/)
  - Medicare Diabetes Prevention Program Expansion Model
- Recorded Webinar:
  - MDPP Orientation Webinar Slides (12/13/2017)
  - Audio (registration required)
- Handouts:
  - MDPP Supplier Road Map
  - MDPP Expanded Model Fact Sheet
  - Preparing to Enroll as an MDPP Supplier
  - Expanded Model Roles Fact Sheet
  - Interim Preliminary Recognition Process

**IMPACT OF PREDIABETES IN VIRGINIA**
- **2.1 MILLION** Virginians have prediabetes —\(^{1/3}\) of the state population!
- **9 of 10 VIRGINIANS** don’t know they have prediabetes
- **$1.1 MILLION** Direct Cost of Prediabetes in VA in 2012

**QUESTIONS?**
Email Viola Holmes, MS, RD, CDE, vjf7j@virginia.edu or call 434-982-5211 Virginia Center for Diabetes Prevention & Education

Inquiries about MDPP? Contact CMS at MDPP@cms.hhs.gov