



The Diabetes Prevention Program's
Lifestyle Change Program

Section 1: Protocol-Based Intervention

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Section 1: Protocol-Based Intervention

The DPP lifestyle intervention is to be implemented according to the DPP Protocol developed by the Interventions Subcommittee and approved by vote of the DPP Steering Committee.

The Protocol specifies the following:

- The goals to be set for all participants in the lifestyle intervention.
- The minimum frequency of contact to be given to all participants in the lifestyle intervention.
- The role and training of the DPP lifestyle intervention staff.
- A 16-session “core curriculum” that all participants will receive at the start of the lifestyle intervention. The core curriculum ensures that all participants receive a standard intervention that can be easily described and translated for use in the future.
- A “tool box” of strategies to use when participants are not achieving the study goals.
- An emphasis on tailoring the intervention to make it more appropriate for specific populations at each clinical center. The purpose is to achieve individualization and flexibility within the context of a common protocol applied to all participants randomized to the lifestyle intervention.