



# You can prevent type 2 diabetes

## Test your patients for prediabetes and refer those at risk to an evidence-based diabetes prevention program

You likely know which of your patients is at high risk for type 2 diabetes. Until now you may not have had a resource to help them stop the progression from prediabetes to diabetes. Now, you do.

The American Medical Association and the Centers for Disease Control and Prevention (CDC) have created a toolkit that can help physician practices screen and refer patients to evidence-based diabetes prevention programs without adding a burden to your practice. Visit [preventdiabetesstat.org](http://preventdiabetesstat.org) to learn more.

- o Progression from prediabetes to diabetes can take as little as five years.
- o During that window of time, your patients can benefit from a proven intervention that is part of the CDC's National Diabetes Prevention Program (National DPP).
- o Counsel your patients that prediabetes is a potentially reversible condition, and one that you can help them manage effectively by:
  - Screening and Identifying patients for prediabetes
  - Referring them to a program that is part of the CDC's National DPP

## This program is evidence-based

- o The diabetes prevention program is a lifestyle intervention based on research funded by the National Institutes of Health that showed, among those with prediabetes, a 58 percent reduction in the number of new cases of diabetes overall, and a 71 percent reduction in new cases for those over age 60.
- o These results were achieved through reducing calories, increasing physical activity, and a weight loss of just 5 to 7 percent of body weight—10 to 14 pounds for a person weighing 200 pounds.\*
- o Based on strong evidence of effectiveness in reducing new-onset diabetes, the Community Preventive Services Task Force ([thecommunityguide.org](http://thecommunityguide.org)) now recommends combined diet and physical activity promotion programs like the National DPP, for people at increased risk of type 2 diabetes.

## Program overview

- o The program empowers patients with prediabetes to take charge of their health and well-being.
- o Participants meet in groups with a trained lifestyle coach for 16 weekly sessions and 6–8 monthly follow-up sessions.
- o These are NOT exercise classes. At these sessions patients learn ways to incorporate healthier eating and moderate physical activity, as well as problem-solving, stress-reduction and coping skills into their daily lives.

See next page to determine which of your patients is eligible for the diabetes prevention program.

**In the average primary care practice it's likely one-third of patients over age 18, and half over age 65, have prediabetes.**

\* Visit <http://diabetes.niddk.nih.gov/dm/pubs/preventionprogram> to learn more about this research.



## Locating a program

- o Programs are offered in varied locations such as local YMCAs, community centers, faith-based organizations, hospitals and worksites, and are also available online.
- o Find a program for your patients at **[cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)**.

## Eligibility for the diabetes prevention program

### A. Inclusion criteria:

- Current age  $\geq 18$  years **and**
- Most recent BMI  $\geq 24^*$  ( $\geq 22$  if Asian) **and**
- A positive lab test result within previous 12 months:
  - o HbA1C 5.7–6.4% (LOINC code 4548-4) **or**
  - o FPG 100–125 mg/dL (LOINC code 1558-6) **or**
  - o OGTT 140–199 mg/dL (LOINC code 62856-0) **or**
- History of gestational diabetes (ICD-9: V12.21)

### B. Exclusion criteria:

- Current diagnosis of diabetes (ICD-9: 250.xx) **or**
- Current Insulin use

Consider referring eligible patients:

- o At the time of an office visit, and/or
- o By generating a list of eligible patients from your electronic health record using a structured query

Physicians and other health care providers should also use their independent judgment when referring to a diabetes prevention program.

\*These BMI levels reflect eligibility for the National DPP as noted in the [CDC Diabetes Prevention Recognition Program Standards and Operating Procedures](#). The American Diabetes Association (ADA) encourages screening for diabetes at a BMI of  $\geq 23$  for Asian Americans and  $\geq 25$  for non-Asian Americans, and some programs may use the ADA screening criteria for program eligibility. Please check with your diabetes prevention program provider for their specific BMI eligibility requirements.



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