

Prevent Type 2 Diabetes

Provider Resource

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

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

✓ Evidence-Based Program

- The diabetes prevention program (DPP) is a lifestyle intervention based on research funded by the National Institutes of Health that showed, among those with prediabetes who completed the program, lifestyle modification reduced the risk of developing type 2 diabetes by 58 overall, and by 71% in people aged 60 and older.
- These results were achieved through reducing calories, increasing physical activity, and reducing weight by a minimum 5 percent—10 pounds for a person weighing 200 pounds.*

✓ Program Overview

- The program empowers patients with prediabetes to take charge of their health and well-being.
- Participants meet in groups with a trained lifestyle coach for 16 weekly sessions and 6-8 monthly follow-up sessions for a year-long program.
- 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 skill into their daily lives

✓ Locate a Program

- Programs are offered at varied locations such as local YMCAs, community centers, faith-based organizations, hospitals and worksites and are also available online.

*Medicare DPP coverage requires fasting plasma glucose to be 110-125 mg/dL



Visit PREVENTDIABETESSTAT.ORG to learn more.

- Find a program for your patients at either www.diabeteslocal.org/prevention or www.cdc.gov/diabetes/prevention

✓ Eligibility for the participation in a diabetes prevention program (DPP)

- Be at least 18 years old
- Be overweight (body mass index >25: >23 if Asian)
- Have no previous diagnosis of Type 1 or Type 2 diabetes
- Have a blood test result in the prediabetes range within the past year:
 - Hemoglobin A1C: 5.7%-6.4% or
 - Fasting plasma glucose: 100-125 mg/dL* or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140-199 mg/dL or
- Be previously diagnosed with gestational diabetes, or
- Score 9 or higher on CDC Prediabetes Risk Test, or
- Score 5 or higher on ADA Type 2 Diabetes Risk Test