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Addressing Prediabetes in Ohio: Action Steps for the Healthcare Team



More than **1 in 3**
Ohio adults
have prediabetes



Approximately **800,000**
Ohio adults (8.8%)
have been diagnosed
with prediabetes



About **1 in 5** adults with
prediabetes will develop
diabetes within 5 years
without lifestyle modification



Screen

- 1** Assess risk factors
- 2** Provide prediabetes screening test to patients age ≥ 18 that do not have diabetes
- 3** Is BMI ≥ 25 ? (≥ 23 if Asian)
- 4** Determine if a diagnostic test has been performed in the last 12 months

Risk Factors

- ✓ BMI $\geq 25\text{kg/m}^2$
- ✓ Heart disease
- ✓ Hypertension
- ✓ Dyslipidemia
- ✓ Sedentary lifestyle
- ✓ Age ≥ 45 years
- ✓ Black or Asian race
- ✓ Latino ethnicity
- ✓ History of gestational diabetes
- ✓ Family history of diabetes



Test

- HbA1c (%) **OR**
- Fasting plasma glucose (mg/dL) **OR**
- Oral glucose tolerance test (mg/dL)

Diagnostic Clinical Values

Diagnostic Test	Normal	Prediabetes
HbA1c (%)	<5.7	5.7-6.4
Fasting Plasma Glucose (mg/dL)	<100	100-125
Oral Glucose Tolerance Test (mg/dL)	<140	140-199

**Prediabetes
ICD-10 Code
R73.03**



Refer

- 1** Diagnose patient based on test results
- 2** Counsel patient on prediabetes and encourage healthy lifestyle
- 3** Make referral to National DPP and provide DPP information to patient
- 4** Discuss program participation and impact with patient at follow-up appointments

National Diabetes Prevention Program (National DPP)

Benefits:

- The National DPP uses lifestyle change interventions to improve diet, increase physical activity, and achieve weight loss
- A **5-7%** reduction in body weight leads to a **58%** reduction in the number of new diabetes cases

Referral Criteria:

- Current age ≥ 18 **AND**
- Most recent BMI ≥ 25 (≥ 23 if Asian) **AND**
- A positive diagnostic test result within previous 12 months **OR**
- History of Gestational Diabetes Mellitus **WITH**
- No previous diagnosis of type 2 diabetes

Find National DPP locations for your patients at: https://nccd.cdc.gov/DDT_DPRP/Programs.aspx

Find additional team-based care approaches to prevent type 2 diabetes at:
https://www.cdc.gov/diabetes/prevention/pdf/stat_toolkit.pdf