

NATIONAL DIABETES PREVENTION PROGRAM

KENNEBEC & SOMERSET COUNTIES

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A Change for Life Video



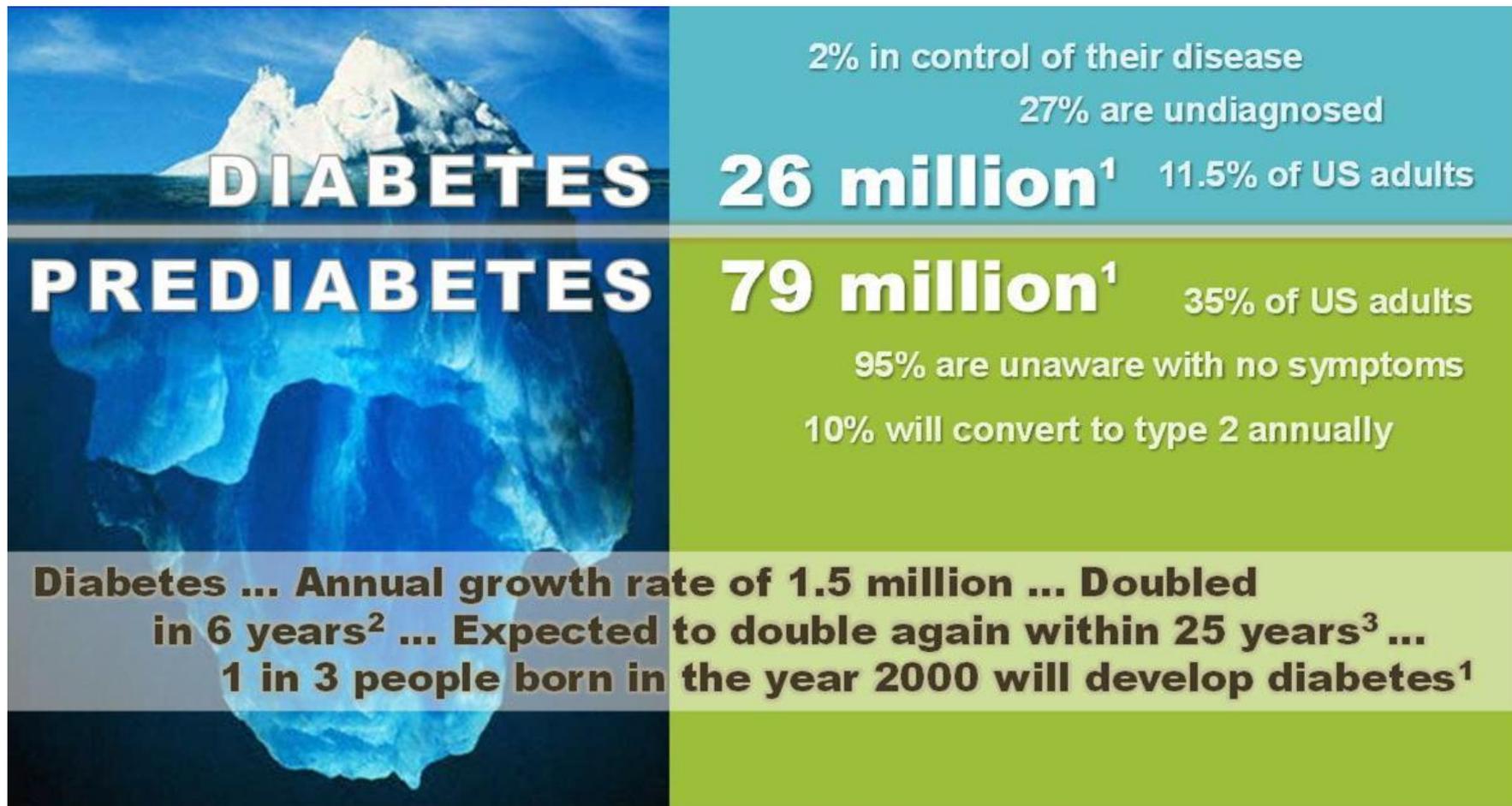
<http://www.cdc.gov/CDCTV/ChangeForLife/index.html>

<http://www.cdc.gov/diabetes/prevention/features.htm>

In this video, class participants, lifestyle coaches and healthcare professionals talk about how type 2 diabetes can be prevented or delayed by making lifestyle changes that include modest weight loss and increasing physical activity.

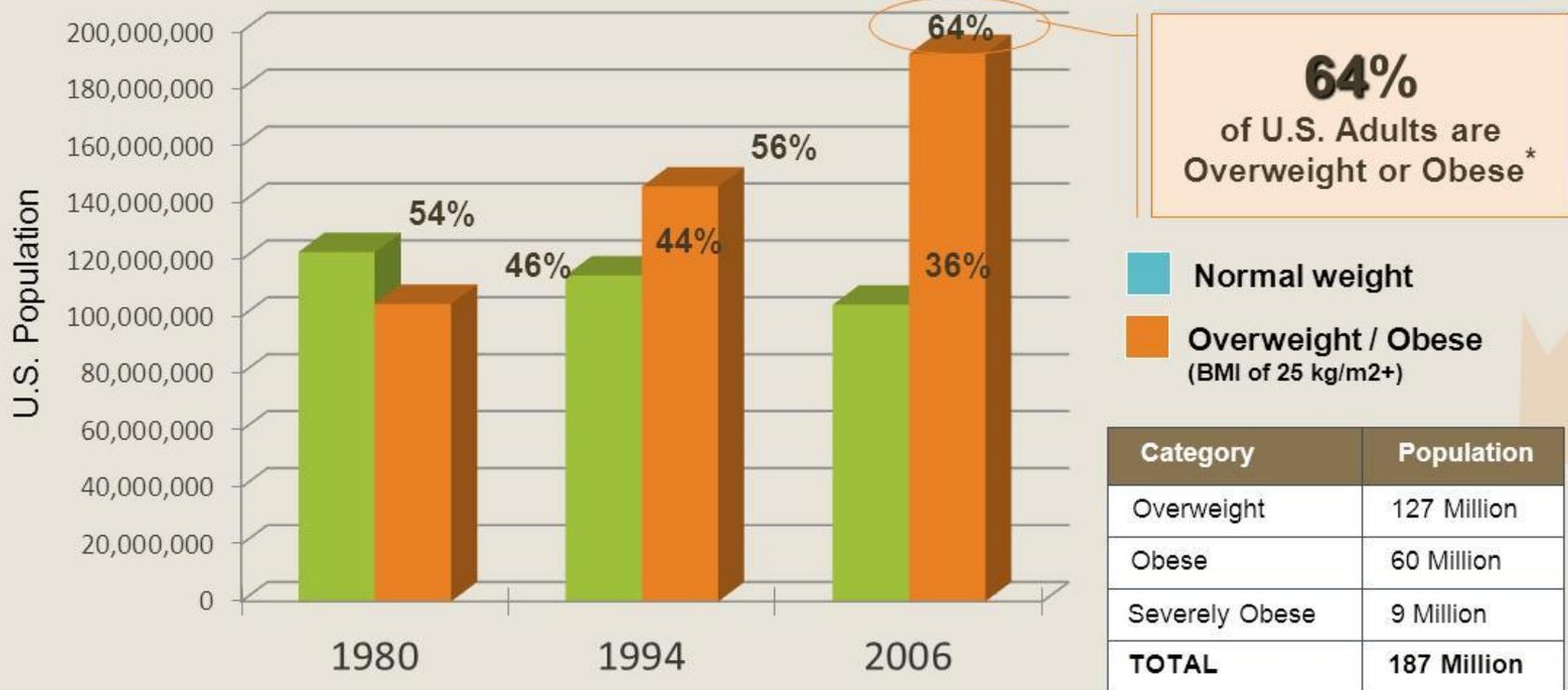
People with prediabetes share their experience as participants in group lifestyle change classes and their journey to learn and keep healthy habits

The Numbers



Contributing Factors

The number and percent of overweight or obese adults continues to increase



Building Capacity

- Community Capacity
 - ▣ Outreach
 - ▣ Lifestyle Coach
 - ▣ Workshop locations



Building Capacity Cont.



- Clinical Capacity
 - ▣ Prior to CTG
 - ▣ Algorithm
 - ▣ Engaging practices
 - ▣ On site workshops



Pre Diabetes Algorithm

Reference Card for Detection, Evaluation, Treatment and Referral for Pre-Diabetes and Diabetes

Reference card developed based on the American Diabetes Association: Standards of Medical Care in Diabetes; Diabetes Care, Volume 36, Supplement 1, January 2013

SCREENING GUIDELINES

- Testing should be considered in all adults who are **Overweight** (BMI \geq 25) **AND** have any of these additional risk factors:
 - Physical inactivity
 - First degree relative with diabetes
 - High-risk ethnicity (African American, Latino, Native American, Asian American, Pacific Islander)
 - A woman who delivered a baby weighing > 9 pounds or was diagnosed with gestational diabetes
 - Hypertension (\geq 140/90 or on therapy for hypertension)
 - HDL cholesterol level < 35 and/or a triglyceride level > 250
 - A woman with polycystic ovarian syndrome
 - A1C > 5.7%, IGT or IFG on previous testing
 - Other clinical conditions associated with insulin resistance
 - History of CVD
- In those without these risk factors, testing should begin at **age 45**

EVALUATION

Classification of Pre-Diabetes and Diabetes
(repeat testing on subsequent day to confirm)

	Fasting plasma glucose mg/dl	A1C	OGTT 2 hour
Normal	< 100	< 5.7	< 140
Pre-diabetes	100-125	5.7-6.4	140-199
Diabetes	\geq 126	\geq 6.5	> 200

The committee chose to present the guidelines from the American Diabetes Association in an effort to better identify, treat and refer people with pre-diabetes or diabetes. The committee realizes that some physicians may follow other guidelines and hopes that some of this information will be useful to all physicians.

TREATMENT

If screening results are normal

- Repeat screening every 3 years
- Test more frequently depending on risk status
 - Refer to Living Well for Better Health
 - Refer to Community Resources promoting physical activity (Move More, Let's Go)

If screening results indicate pre-diabetes

- Distribute "You Can Do Something" diabetes prevention DVD
- Refer to National Diabetes Prevention Program (NDPP) Lifestyle Coach and peer group support
- Refer to Living Well for Better Health
- Refer to Community Resources promoting physical activity (Move More or Let's Go)
- Monitor for development of diabetes every year, follow-up on referrals and action plans

If screening results indicate diabetes

- Refer to Diabetes and Nutrition Center
- Distribute "You Can Do Something" diabetes prevention DVD
- Refer to Living Well for Better Health
- Refer to Community Resources promoting physical activity (Move More or Let's Go)
- Follow-up on referrals and action plans

Take the Test – Know Your Score!



Prediabetes Screening Test	Yes	No
Are you a woman who had a baby weighing > 9 pounds?	1	0
Do you have a sister or brother with diabetes?	1	0
Do you have a parent with diabetes?	1	0
Find your height on the chart on the back page. Do you weigh as much as or more than the weight listed for your height?	5	0
Are you < 65 and get little or no exercise in a typical day?	5	0
Are you between 45 and 64 years of age?	5	0
Are you 65 years of age or older?	9	0
Total points for all “yes” responses		

If you scored 9 or more points, you are at high risk for having prediabetes and would benefit from this program.

CDC-led National Diabetes Prevention Program



- Designed to bring to communities evidence-based lifestyle change programs for preventing type 2 diabetes.
- NDPP is based on the Diabetes Prevention Program research study led by the National Institutes of Health and supported by Centers for Disease Control and Prevention.

Studies show...

- The NDPP lifestyle change program showed making modest behavior changes, such as improving food choices and increasing physical activity to at least 150 minutes per week, helped participants lose 5% to 7% of their body weight
- These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people at high risk for diabetes
- In adults age 60+, the reduction is 70%



Questions?



Thank you!

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