

## Prediabetes and Management with a National Diabetes Prevention Program

The American Diabetes Association defines prediabetes as glucose levels lower than the diagnostic criteria of type 2 diabetes, but are too elevated to fall within normal ranges of glucose levels.

- The Centers for Disease Control and Prevention reported in 2020 that an estimated 88 million Americans (1 in 3 adults) are living with prediabetes, and nearly 90% of those patients do not know they have prediabetes.
- Prediabetes increases a patient's risk of developing type 2 diabetes, cardiovascular disease, and stroke.
- Many patients with prediabetes often do not have any signs or symptoms (i.e. increased urination or increased thirst) until it progresses to type 2 diabetes.
- [Nearly 25% of patients with prediabetes will progress to type 2 diabetes within 3 to 5 years, and 70% of patients with prediabetes will progress to type 2 diabetes within their lifetime.](#)
- Prediabetes can be **reversed** through healthy lifestyle modifications and with the assistance of a Diabetes Prevention Program.
- American Diabetes Association 2021 Guidelines recommend consideration of metformin for patients with prediabetes to prevent type 2 diabetes, especially with a BMI  $\geq 35$  kg/m<sup>2</sup>, < 60 years old, or history of gestational diabetes

Diagnosis of prediabetes with one of the following tests:

Hemoglobin A1C%	5.7 – 6.4%
Fasting Plasma Glucose	100 – 125 mg/dL
2-hour Plasma Glucose during 75-g OGTT	140 – 199 mg/dL

Factors that increase risk of developing prediabetes and type 2 diabetes mellitus:

- Overweight/Obesity (BMI  $\geq 25$  kg/m<sup>2</sup> or  $\geq 23$  kg/m<sup>2</sup> in Asian Americans)
- $\geq 45$  years old
- 1<sup>st</sup> degree relative with type 2 diabetes
- Lack of physical activity (< 3 times/week)
- History of cardiovascular disease
- HDL cholesterol < 35 mg/dL +/- triglycerides > 250 mg/dL
- Hypertension (either controlled with medication or  $\geq 140/90$  mmHg)
- History of gestational diabetes during pregnancy
- Delivered a baby weighing > 9 pounds
- Polycystic Ovary Syndrome
- African American, Hispanic/Latino Americans, American Indians, Pacific Islanders, and Asian Americans are higher-risk ethnicities

American Diabetes Association (ADA) 2021 Guidelines recommend:

- Screening for prediabetes or type 2 diabetes using risk factors or with an assessment tool, such as the [ADA diabetes risk test](#), to guide decisions on whether to perform a diagnostic test for prediabetes
- **Annual** screenings for patients with prediabetes, even if asymptomatic, to monitor for any progression to type 2 diabetes

## Overview of the Diabetes Prevention Program (DPP) for Prediabetes

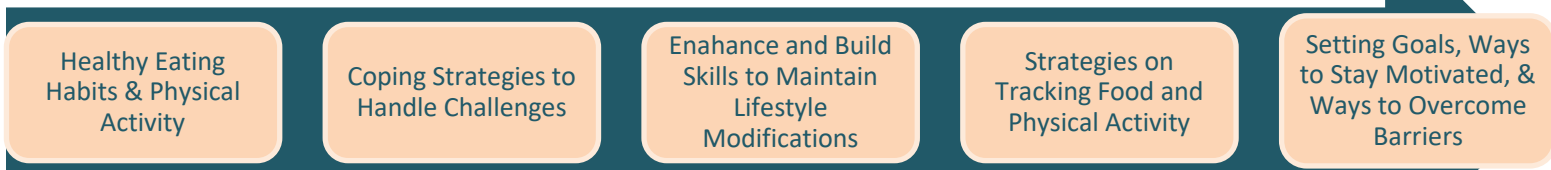
### CDC National Diabetes Prevention Program Description

- Public and private organizations work together to assist patients with prediabetes or those at risk of type 2 diabetes by providing inexpensive programs that educate patients on healthy lifestyle modifications and strategies to improve general health.
- The U.S. Diabetes Prevention Program Outcomes Study showed a reduction in the progression to type 2 diabetes by 34% at [10 years](#) and 27% at [15 years](#).

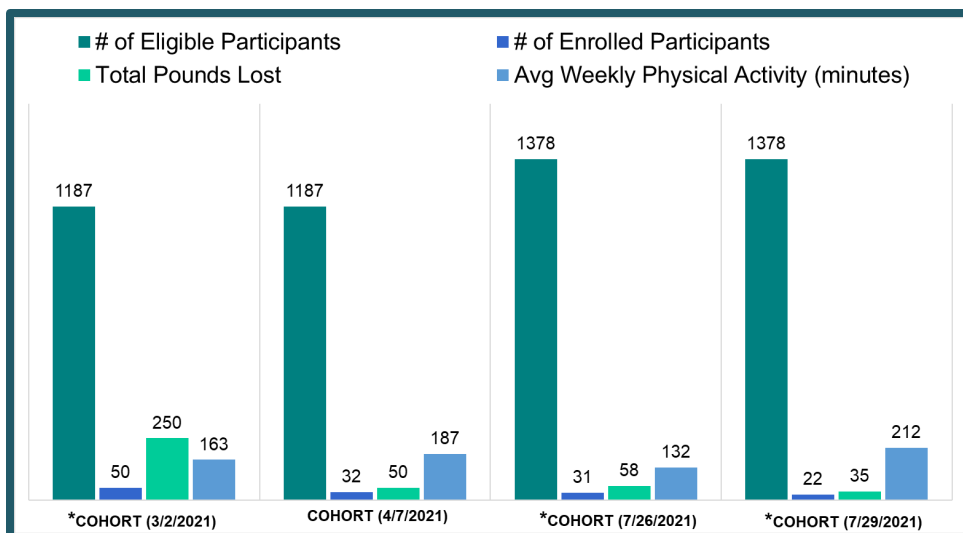
### Luminis Health - Anne Arundel Medical Center Diabetes Prevention Program

- 7-month long program with classes that meet once a week for 4 months, followed by once every two weeks in the final 3 months with 4 total cohorts per fiscal year and 3 trained health educators
- The program is free for those patients who meet the **eligibility criteria**:
  - Be at least 18 years old **and**
  - Body Mass Index  $\geq 25$  kg/m<sup>2</sup> ( $\geq 23$  kg/m<sup>2</sup> if Asian) **and**
  - Have no previous diagnosis of type 1 or type 2 diabetes **and**
  - Have a blood test result in the prediabetes range within the past year **or**
  - Take the Prediabetes Risk Test and receive a screening result of high risk for type 2 diabetes.
- In addition to PCP referrals, the DPP runs reports through EPIC to access the PCPs patient panel and send letters and flyers to recruit eligible patients for the program

### Goals and Progression of the Diabetes Prevention Program:



### Outcomes Metrics at Luminis Health - Anne Arundel Medical Center Diabetes Prevention Program:



\*Cohort is ongoing

How **YOU** can refer eligible patients to the DPP  
[Any provider in the Luminis CCN can refer a patient]

Enter **REF221** into EPIC or call  
Community Health Office: #443-481-5555

Despite > **1,000 patients** having been eligible for the 4 most recent cohorts, **only < 7% of eligible patients on average are enrolled** into the DPP