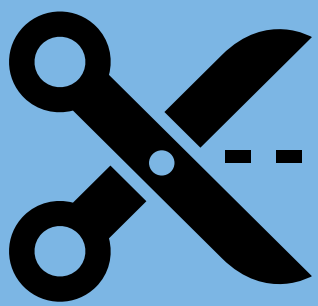


PREDIABETES & NATIONAL DIABETES PREVENTION PROGRAM

FAST FACTS
FROM THE
ILLINOIS
ACADEMY OF
FAMILY
PHYSICIANS

May 2021

Refer your at-risk patients to a **National Diabetes Prevention Program—or National DPP**, a CDC-recognized lifestyle change program. These programs have been proven by research to cut the risk of type 2 diabetes by more than half. DPP programs encourage weight loss and other healthy lifestyle changes, lowering the risk of type 2 diabetes, heart attack, and stroke.



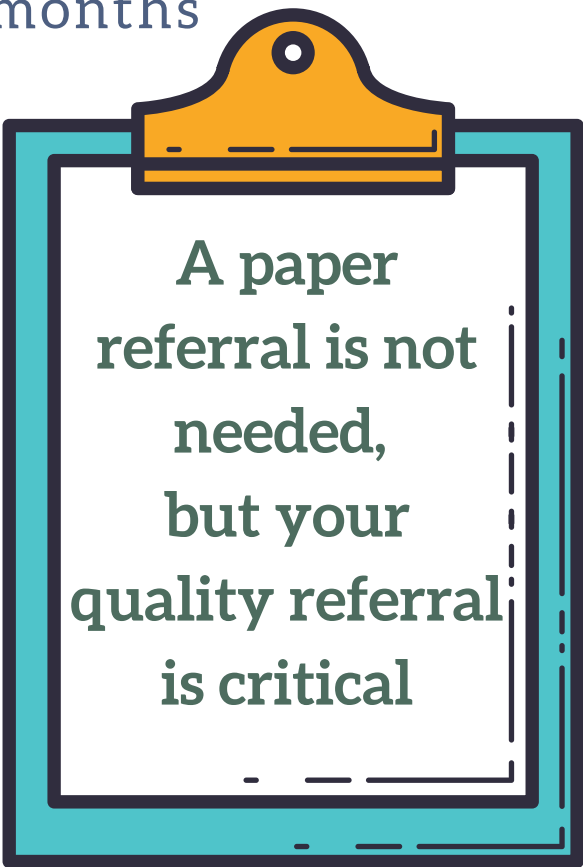
**RESEARCH SHOWS A
STRUCTURED LIFESTYLE
INTERVENTION CAN CUT THE
RISK OF TYPE 2 DIABETES IN
HALF**

DPP AT A GLANCE

- Patients work with a trained coach to make realistic, lasting lifestyle changes.
- Building healthier eating habits and increase physical activity.
- Deal with and manage stress, stay motivated and cope with challenges that can derail their hard work.
- Get support from people with similar goals and challenges.
- Offered in-person, distance learning, online, and combination programs.
- DPP programs are covered by Medicare voluntary MCO offering and employer coverage.
- Program runs at least 12 months (6 months of bi-weekly 1-hour sessions and 6 months of monthly 1-hour maintenance sessions).

Overall goal:

- 5% weight loss
- 4% weight loss PLUS 150 minutes/week of physical activity
- .2% reduction in HbA1c



FAST STATS

34.5% of IL adults are estimated to have prediabetes.

1

People with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

Research shows that people referred by their physician are more likely to enroll, get engaged, and achieve health outcomes.

Diabetes risk reduced by 58% in DPP participants who were at high risk and achieved/maintained 5-7% wt loss and increased activity to 150 minutes/week.

DPP CONSIDERATIONS

- At least 18 years old AND
- BMI ≥ 25 ; ≥ 23 if Asian AND
- Not be pregnant AND
- No previous diagnosis of Type 1 or Type 2 diabetes AND
- Blood test in prediabetes range within the past year:
 - A1c 5.7-6.4% OR
 - FPG 100-125 mg/dL OR
- 2hr plasma glucose (after 75 gm glucose load) 140-199 mg/dL OR
- Previous clinical diagnosis of gestational diabetes OR Prediabetes Risk Test result of "high risk for Type 2 diabetes"

ACTION PLAN

- Continue screening for prediabetes
- Recommend participation in the lifestyle change program
- Promote the National DPP as a covered health benefit

FIND A DPP NEAR YOU -
[HTTPS://NCCD.CDC.GOV/DDT_DPRP/PROGRAMS.ASPX](https://NCCD.CDC.GOV/DDT_DPRP/PROGRAMS.ASPX)

Funding provided by a grant from the Illinois Department of Public Health and Centers for Disease Control and Prevention, Improving the Health of Illinoisans through Prevention and Management of Diabetes, Heart Disease and Stroke (DP18-1815).



ILLINOIS ACADEMY OF
FAMILY PHYSICIANS
Devoted to Advocacy, Education & Action