

PREdiabetes

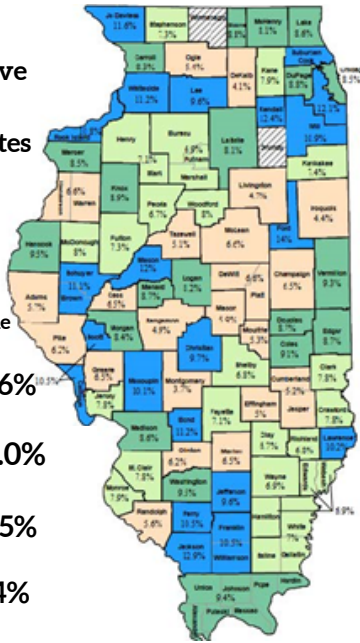
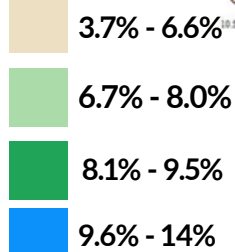
From the
Illinois Academy
of Family
Physicians

FAST FACTS

May 2021

Percentage of adults who have been told they have prediabetes or borderline diabetes*

Data unavailable



*The statewide average rate of adults who had been told they have prediabetes were borderline diabetes is 9.1% based on ICERFS surveys in 2016, 2018, & 2019.

More than 1 in 3 American adults (approximately 88 million people) have prediabetes.

More than 84% of individuals with prediabetes do not know they have it. ¹



ACTION PLAN

Recommend lifestyle changes: healthy eating, more physical activity, stress management & problem-solving.

Help patients get support from people with similar goals and challenges.

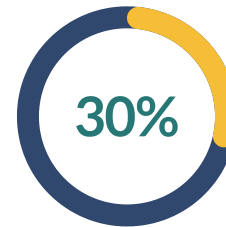
Know your community resources: local health department, health systems, local non-profits, or food pantries.

Refer patients to CDC-recognized Diabetes Prevention Program in your area.

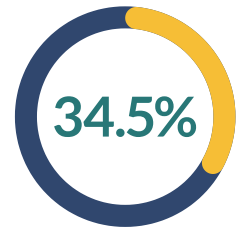
- Patients can participate in evidence-based lifestyle change programs with a trained coach.
- DPP program promotes lifestyle change & group support, accountability, & making small sustainable changes.



8.9% of Illinois adults reported having prediabetes Illinois ¹



30% of IL adults with prediabetes are projected to develop diabetes ²



34.5% of IL adults are estimated to have prediabetes ²

1 in 10 adults in Illinois reported being diagnosed with diabetes in 2019, a 16.5% increase from 2011.

RECOMMENDATIONS

The current draft USPSTF recommendation statement recommends screening for prediabetes and type 2 diabetes in adults ages 35 to 70 years who are overweight or obese.

The USPSTF recommends that clinicians should offer or refer patients with the following conditions to intensive behavioral counseling interventions to promote a healthful diet and physical activity:

- adults with abnormal blood glucose,
- adults with a body mass index (BMI) of 30 or higher (calculated as weight in kilograms divided by height in meters squared), &
- adults with cardiovascular disease risk factors

Clinicians should offer or refer patients with prediabetes to effective preventive interventions.

References

1. Illinois BRFS (2019)
2. CDC, National Diabetes Statistics Report (2020)
3. USPSTF, Screening for Prediabetes and Type 2 Diabetes Mellitus, An Update for This Topic is In Progress (2021)

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