



***In the average primary care practice, it's likely that one-third of patients over age 18, and half over age 65, have prediabetes***

## **You can help your patients prevent type 2 diabetes**

Progression from prediabetes to diabetes can take as little as three to five years. During that window of time, your patients can benefit from a proven intervention that is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC), and offered by the YMCA.

The American Medical Association is partnering with the YMCA of the USA to promote the YMCA's Diabetes Prevention Program, because it is the most effective way to help physicians and care teams in primary care practices prevent or delay type 2 diabetes in high-risk patients. The Tennessee Medical Association and Tennessee Nurses Association have joined in this effort, to empower their members with important and helpful resources to combat diabetes.

Counsel your patients that prediabetes is a potentially reversible condition, and one that you can help them manage effectively by:

- Identifying and screening patients for prediabetes
- Referring them to the YMCA's Diabetes Prevention Program delivered locally throughout the community

### **This program is evidence-based**

The YMCA's Diabetes Prevention Program is based on research funded by the National Institutes of Health that showed, among those with prediabetes, a **58% reduction** in the number of new cases of diabetes overall, and a **71% reduction** in new cases for those over age 60.

These results were achieved through reducing calories, increasing physical activity, and a weight loss of just 5 to 7 percent of body weight —**10 to 14 pounds** for a person weighing 200 pounds.

### **You are already screening for prediabetes**

Fortunately, screening for prediabetes doesn't mean adding one more thing to an already busy practice. In many cases, screening is already happening and is embedded in routine care. Here are examples of patients who would benefit from a referral to the diabetes prevention program:

### *Patients with Hypertension*

For your patients with hypertension, guidelines call for regular labs including fasting glucose. These patients (if they do not have controlled diabetes) are more likely to have blood values in the prediabetes range.

### *Patients with a History of Gestational Diabetes*

A history of gestational diabetes is a very strong risk factor for prediabetes. Your practice is probably already monitoring these patients for the onset of diabetes, and can identify those whose blood values are in the prediabetes range.

### *Patients on Chronic Disease Medications*

Many health conditions are managed with medications that require occasional screening for renal, hematologic or hepatic toxicity. You have likely run chemistry panels, which often include a glucose level, on these patients.

### **YMCA's Diabetes Prevention Program eligibility**

To participate, patients must:

- Have no previous diagnosis of diabetes **and**
- Be at least 18 years old; **and**
- Be overweight (BMI  $\geq$  25 or  $\geq$  22 if Asian), **and**
- Have a blood value in the prediabetes range:
  - Hemoglobin A1C.....5.7–6.4%
  - FPG.....100–125 mg/dL
  - 2h PG in OGTT.....140–199 mg/dL **or**
- Have a prediabetes diagnosis within the past year **or**
- Have a previous diagnosis of gestational diabetes

### **Coding for prediabetes screening**

Currently, ICD-9-CM code 790.29 is associated with prediabetes.

### **Trained lifestyle coaches • CDC-approved curriculum • Group support**

The program empowers patients with prediabetes to take charge of their health and well-being. Participants meet in groups with a trained lifestyle coach for 16 weekly sessions and 6-8 monthly follow-up sessions. At these sessions, patients learn ways to incorporate healthier eating and moderate physical activity, as well as problem-solving, stress-reduction and coping skills, into their daily lives.

***Start referring to the YMCA's Diabetes Prevention Program today!***

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