The National Diabetes Prevention Program

November 2, 2021





National DPP: Working Together to Prevent Type 2 Diabetes





National DPP Lifestyle Change Program

- Created in 2010 to address the increasing burden of prediabetes and type 2 diabetes in the United States
- Relies upon a variety of public-private partnerships with community organizations
- Research-based program focusing on healthy lifestyle changes
- Largest national effort to mobilize and bring an evidence-based lifestyle change program to communities across the country





According to the American Diabetes Association, 1.27 million people in Louisiana have prediabetes.

SUPERDOME

17X

National DPP Lifestyle Change Program



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting



Deliver the lifestyle change program through organizations nationwide



Increase referrals to and participation in the lifestyle change program





Core Elements of the National DPP Lifestyle Change Program



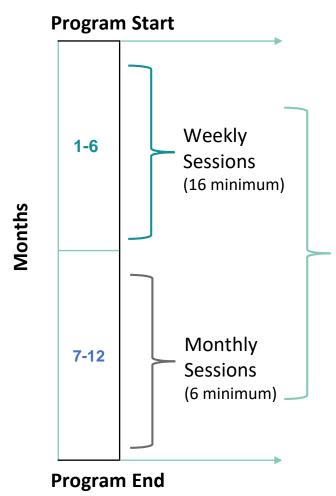








The National DPP Lifestyle Change Program



PROGRAM GOAL: Help participants make lasting behavior changes such as eating healthier, increasing physical activity, and improving problem-solving skills

Example modules covered in core phase:

- Eat Well to Prevent T2
- Burn More Calories Than You Take In
- Manage Stress
- Keep Your Heart Healthy

Sessions facilitated by a trained lifestyle coach

Can be a peer educator/Community Health Worker

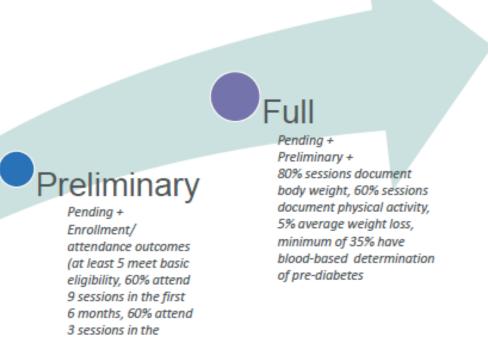
PARTICIPANT GOAL:

Lose 5 – 7% of body weight Average of 150 minutes of physical activity/week Reduction in HbA1C





CDC Recognition Status





Valid application with approved curriculum (duration, intensity)

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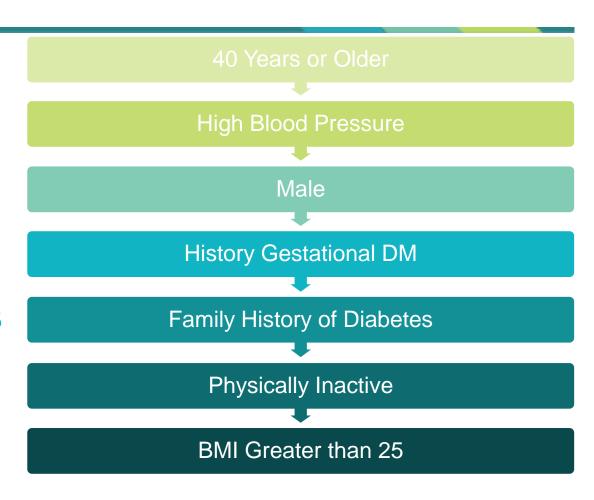


Program Eligibility

- To be eligible for referral to a CDC-recognized lifestyle change program, patients must:
 - Be at least 18 years old and
 - Be overweight (Body Mass Index ≥25; ≥23 if Asian) and
 - Not be pregnant 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:
 - Hemoglobin A1C: 5.7–6.4% or
 - Fasting plasma glucose: 100–125 mg/dL or
 - Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or
 - Have a previous clinical diagnosis of gestational diabetes or
 - Take the Prediabetes Risk Test and receive a screening result of high risk for type 2 diabetes.

Screening Populations at Risk

- With 3 or more of the shown risk factors, patients are more likely to have prediabetes and are at high risk for type 2 diabetes
- Best practice is to screen all non-diabetic patients 18 years and older
- Prediabetes risk test





Take this test to find out.

1.	How old are you? Younger than 40 years (0 points) 40-49 years (1 point) 50-59 years (2 points) 60 years or older (3 points)	Fill in the boxes below with your scores.
2.	Are you a woman or man? Woman (0 points) Man (1 point)	
3.	If you are a woman, have you ever been diagnosed with gestational diabetes? No (0 points) Yes (1 point)	
4.	Do you have a mother, father, sister, or brother with diabetes? No (0 points) Yes (1 point)	
5.	Have you ever been diagnosed with high blood pressure? No (0 points) Yes (1 point)	
6.	Are you physically active? Yes (0 points) No (1 point)	
7.	What is your weight category? (see chart on back)	

Your Total:

Did you score a 5 or higher?

- You may be at an increased risk for having prediabetes and for type 2 diabetes.
- Type 2 diabetes and prediabetes are a condition in which blood sugar levels are higher than normal.

ONLY YOUR DOCTOR CAN TELL YOU FOR SURE IF YOU HAVE TYPE 2 DIABETES OR PREDIABETES. TALK TO YOU DOCTOR TO SEE IF YOU NEED ADDITIONAL TESTING

Height	Weight (pounds)			
4'10"	119+	143+	191+	
4'11"	124+	148+	198+	
5'0"	128+	153+	204+	
5'1"	132+	158+	211+	
5'2"	136+	164+	218+	
5'3"	141+	169+	225+	
5'4"	145+	174+	232+	
5'5"	150+	180+	240+	
5'6"	155+	186+	247+	
5'7"	159+	191+	255+	
5'8"	164+	197+	262+	
5'9"	169+	203+	270+	
5'10"	174+	209+	278+	
5'11"	179+	215+	286+	
6'0"	184+	221+	294+	
6'1"	189+	227+	302+	
6'2"	194+	233+	311+	
6'3"	200+	240+	319+	
6'4"	205+	246+	328+	
	1 Point	2 Points	3 Points	
Points	If you weigh less than the numbers listed by your height, enter 0 points.			

National Diabetes Prevention Program Information



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Prevent Diabetes Toolkit: Screen/Test/Refer



National DPP Referral Form

Send to: Fax:	Email:		
PATIENT INFORMATION			
First name		Address	
Last name		City	
Health insurance		State	
Gender	e <mark>-</mark>	ZIP code	
Birth date (mm/dd/yy)		County	
Email		Phone	
PRACTITIONER INFORMATION (COMPhysician/NP/PA	MPLETED BY HEALTH CARE PR	Address	
And the second s	MPLETED BY HEALTH CARE PR	the the source of the source	
Practice contact			
Phone Phone		City	
		State	
Fax SCREENING INFORMATION		ZIP code	
Body Mass Index (BMI)	_ (Eligibility = ≥24* (≥22 if As	ian)	
Blood test (check one)	Eligible range	Test result (one only)	
□ Hemoglobin A1C	5.7-6.4%	%	
□ Fasting PlasmaGlucose	100-125 mg/dL	mg/dl	
□ 2-hour plasma glucose (75 gm	OGTT) 140-199 mg/dL	mg/dl	
Date of blood test (mm/dd/yy):	AND PROPERTY OF STREET STREET OF THE STREET SOLVEY.	Star Durinker - Na Colombia de La Colombia	

Program Benefits

- Reinforces the advice you give patients during their visits
- Assures your patients are receiving evidence-based information about weight loss, diet, exercise, and other important lifestyle changes
- Saves you time during office visits
- Improves value-based care
 - Health outcomes
 - Patient's overall health
 - Decreases your patient population risk

Collaborate with programs in Louisiana



- 21 CDC-Recognized Organizations
- Delivery Mode: In-person and distance learning
- Most open to the public, however some are for members only (private/employee based programs)
- https://dprp.cdc.gov/Registry
- https://wellaheadla.com/communityresource-guide/

1.27 MILLION ADULTS IN LOUISIANA HAVE PREDIABETES. AND 90% OF THEM DON'T EVEN KNOW IT.





BE A LEADER IN PREVENTIVE CARE

HELP YOUR PATIENTS DETERMINE THEIR RISK AND TAKE ACTION TODAY

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