



# Help Your Patients Reduce Their Risk for Type 2 Diabetes

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Louisiana's Health Initiative

# Speakers

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# Learning Objectives

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- Learn about the National Diabetes Prevention Program and patient referrals
- Learn how to test your at-risk patients for prediabetes
- Learn about Well-Ahead Louisiana's Now's the Time prediabetes awareness campaign
- Learn how to utilize Now's the Time resources in your healthcare facility

# **NATIONAL DIABETES PREVENTION PROGRAM**



# National DPP Lifestyle Change Program

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- 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

# 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



**A TRAINED  
LIFESTYLE COACH**

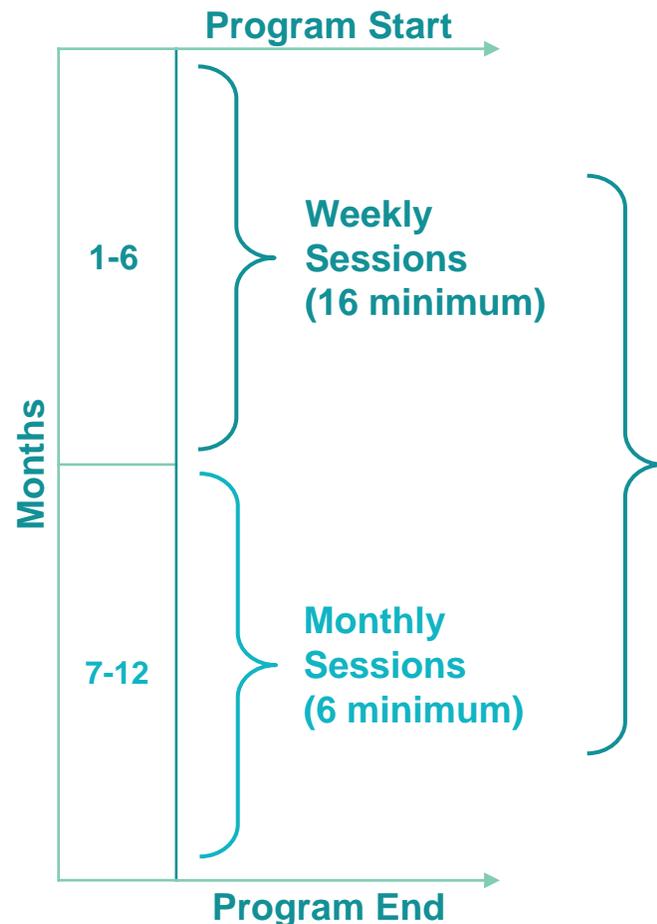


**CDC-APPROVED  
CURRICULUM**



**GROUP SUPPORT  
OVER THE COURSE  
OF A YEAR**

# 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
- **Participant Goal:**
  - Lose 5-7% of body weight
  - Average of 150 minutes of physical activity/week
  - Reduction in HbA1C

# SCREENING AND REFERRAL



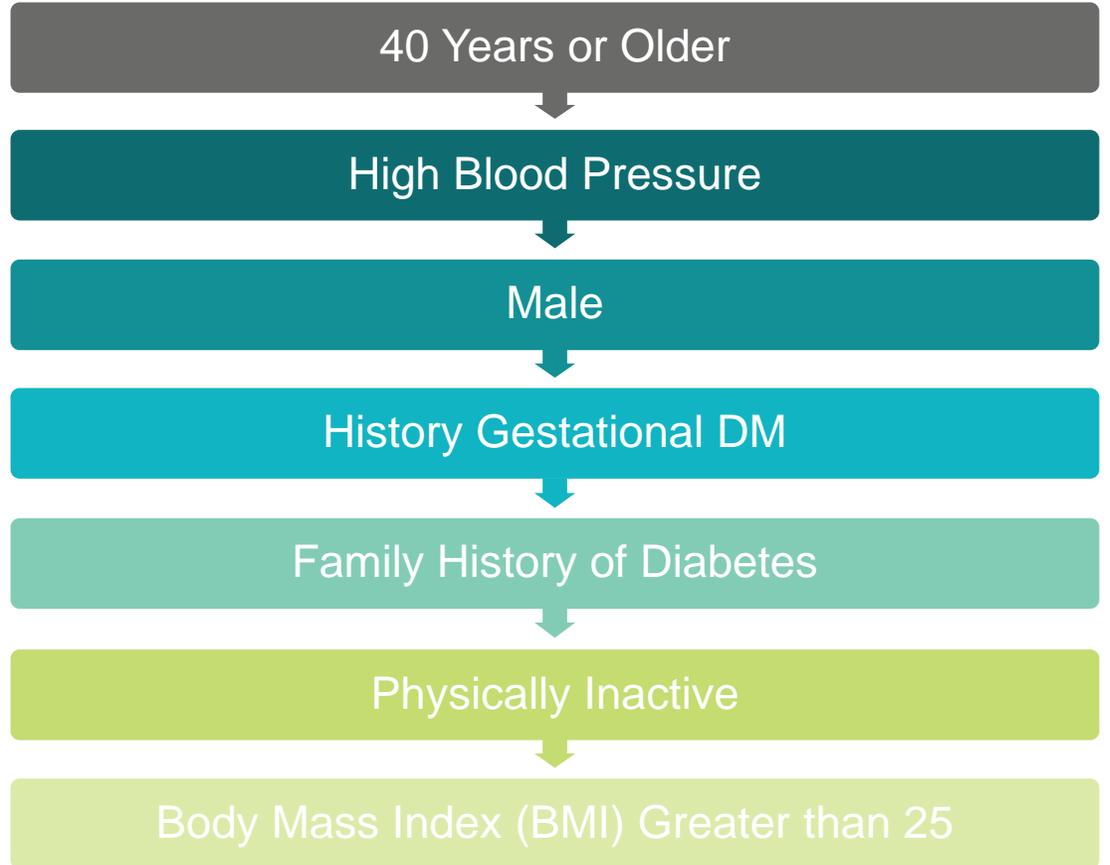
# Program Eligibility

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- To be eligible for referral to a CDC-recognized lifestyle change program, patients must:
  - Be at least 18 years old and
  - Body Mass Index  $\geq 25$ ; ( $\geq 23$  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
    - Positive screening for prediabetes from the Prediabetes Risk Test

# 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

**Now's the Time.** Take this test to find out if you're living with prediabetes.

Fill in the boxes below with your scores.

- 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)
- Are you a woman or man?**  
Woman (0 points)   
Man (1 point)
- What race/ethnicity best describes you?**  
Black or African America (1 point)   
White or Caucasian (0 points)  
Hispanic or Latino (1 point)  
Asian American (1 point)  
American Indian or Alaska Native (1 point)  
Native Hawaiian or Other Pacific Islander (1 point)  
Other (0 points)
- Do you have a mother, father, sister, or brother with diabetes?**  
No (0 points)   
Yes (1 point)
- Have you ever been diagnosed with high blood pressure?**  
No (0 points)   
Yes (1 point)
- Are you physically active?**  
Yes (0 points)   
No (1 point)
- What is your weight category?**  
(see chart on back)

**TOTAL**

## Did you score a 5 or higher?

You may be at an increased risk for having prediabetes and type 2 diabetes.

The good news is that you can take steps to reduce your risk! There are lifestyle change programs, known as National Diabetes Prevention Programs (NDPP), where you can:

- Connect with a dietitian
- Meet others like you who want to protect what's important by making healthy changes and lowering their chance of getting type 2 diabetes
- Take part in weekly classes followed by six monthly maintenance sessions

To enroll in a local NDPP or to learn more, go to [NewsTheTimeLA.com/find-an-ndpp](http://NewsTheTimeLA.com/find-an-ndpp)

Height	Weight (pounds)		
4'10"	119+	143+	181+
4'11"	124+	148+	186+
5'0"	129+	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+	185+	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+	300+
6'2"	194+	233+	311+
6'3"	200+	240+	319+
6'4"	205+	248+	329+

Points	1 Point	2 Points	3 Points
	If you weigh less than the numbers listed by your height, enter 0 points.		

National Diabetes Prevention Program Information



This public document was published at a total cost of \$820.03. Five thousand (5,000) copies of this public document were published in the 4th printing at a cost of \$820.03. The total cost of all printings of this document, including inserts is \$6,128.78. The document was published by JTC-Production Support Services, 817 North 4th Street, Baton Rouge, LA 70802 for the Louisiana Department of Health to provide information on the risk of prediabetes. This material was printed in accordance with standards for printing by state agencies established in R.S. 45:51. Printing of this material was purchased in accordance with the provisions of Title 43 of the Louisiana Revised Statutes.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention



# Blood Testing

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- Testing should be considered in adults with overweight/obesity (BMI  $\geq 25$  kg/m<sup>2</sup> or  $\geq 23$  kg/m<sup>2</sup> - Asian Americans) and one or more of the following risk factors:
  - First-degree relative with diabetes
  - High-risk race/ethnicity (African American, Latino, Native American, Asian American, Pacific Islander)
  - History of cardiovascular disease
  - Hypertension ( $\geq 140/90$ )

# Test Results

	Prediabetes	Diabetes
A1C	5.7-6.4	$\geq 6.5$
FPG	100-125 mg/dl	$\geq 126$ mg/dl
OGTT	140-199 mg/dl	$\geq 200$ mg/dl
Random Plasma Glucose		$\geq 200$ mg/dl



# Referral Process

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- Approach

- Having a defined referral process will help the patient successfully access the lifestyle change program
- What are the internal processes for referral?
- System-wide or individual provider approach?

- Paper or electronic referral

- Standardized paper referral form
- EHR: best practice alerts, built in referral mechanisms

- Referral to internal or external program?

- Internal program: usual referral process
- External: Well-Ahead Louisiana Community Resource Guide

# Prevent Diabetes Toolkit: Screen/Test/Refer



PREVENTING  
**TYPE 2**  
DIABETES

# National DPP Referral Form

Send to: Fax:

Email:

PATIENT INFORMATION		
First name	Address	
Last name	City	
Health insurance	State	
Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	ZIP code	
Birth date (mm/dd/yy)	County	
Email	Phone	
By providing your information above, you authorize your health care practitioner to provide this information to a Diabetes Prevention Program provider, who may in turn use this information to communicate with you regarding its Diabetes Prevention Program.		
PRACTITIONER INFORMATION (COMPLETED BY HEALTH CARE PRACTITIONER)		
Physician/NP/PA	Address	
Practice contact	City	
Phone	State	
Fax	ZIP code	
SCREENING INFORMATION		
Body Mass Index (BMI) _____ (Eligibility = $\geq 24^*$ ( $\geq 22$ if Asian))		
Blood test (check one)	Eligible range	Test result (one only)
<input type="checkbox"/> Hemoglobin A1C	5.7–6.4%	_____ %
<input type="checkbox"/> Fasting Plasma Glucose	100–125 mg/dL	_____ mg/dl
<input type="checkbox"/> 2-hour plasma glucose (75 gm OGTT)	140–199 mg/dL	_____ mg/dl
Date of blood test (mm/dd/yy):		

**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**

**NOW'S THE TIME  
CAMPAIGN: BACKGROUND**



# Now's the Time Campaign

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- A campaign aimed at raising awareness of the risks of prediabetes
- Encourages residents to take action to prevent the onset of type 2 diabetes

# Now's the Time Campaign

- Targeted to one of the most impacted communities: Black adults, ages 25 to 64



Black: 18.8%

White: 12.5%

Hispanic: 8.6%

Other: 14.3%

With a prevalence of **18.8%**,  
Black residents are disproportionately  
affected by diabetes in Louisiana



# A Closer Look at the Impacted Communities

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- Focus Group research conducted in late 2019
  - Black adults (ages 25-64)
  - Two groups each in Shreveport and Lafayette
- Goals were to learn about participants':
  - Experiences with healthcare services in their community
  - Lifestyles and how best to communicate to them
  - Knowledge of and feelings about prediabetes and diabetes



# Focus Group Results: Prediabetes

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- Only a third of participants from all focus groups were familiar with prediabetes
- Some had heard the term “borderline diabetes” but were not clear about its definition
- Participants felt that raising awareness of prediabetes was important because some in the Black community believe that if you have prediabetes, then you already have diabetes



# Focus Group Results: Diabetes

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- Participants were familiar with the symptoms and risk factors of diabetes
- They suggested the possibility that people in the Black community have become desensitized to the dangers of diabetes because it is so common



# Focus Group Results: Diabetes

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- Many felt there was a lack of education and awareness around preventing and managing type 2 diabetes within their communities
- Although there is a belief that Black residents do not go to the doctor as much as they should, **participants suggested that medical providers should also be more proactive about sharing diabetes prevention with their patients**

**NOW'S THE TIME CAMPAIGN:  
PAID ADVERTISING**

# Target Parishes

- Region 4

- Lafayette
- St. Landry

- Region 7

- Caddo
- DeSoto
- Natchitoches
- Sabine



# Billboard

**Now's the time.**  
Find out if you're  
living with  
prediabetes.



[NowstheTimeLA.com](https://www.nowstheTimeLA.com)

**WELL-AHEAD** 

# Paid Social Media

 **Well-Ahead Louisiana**  
Sponsored ·  ⋮

Family means everything. Take our free risk assessment and get a prediabetes risk score.



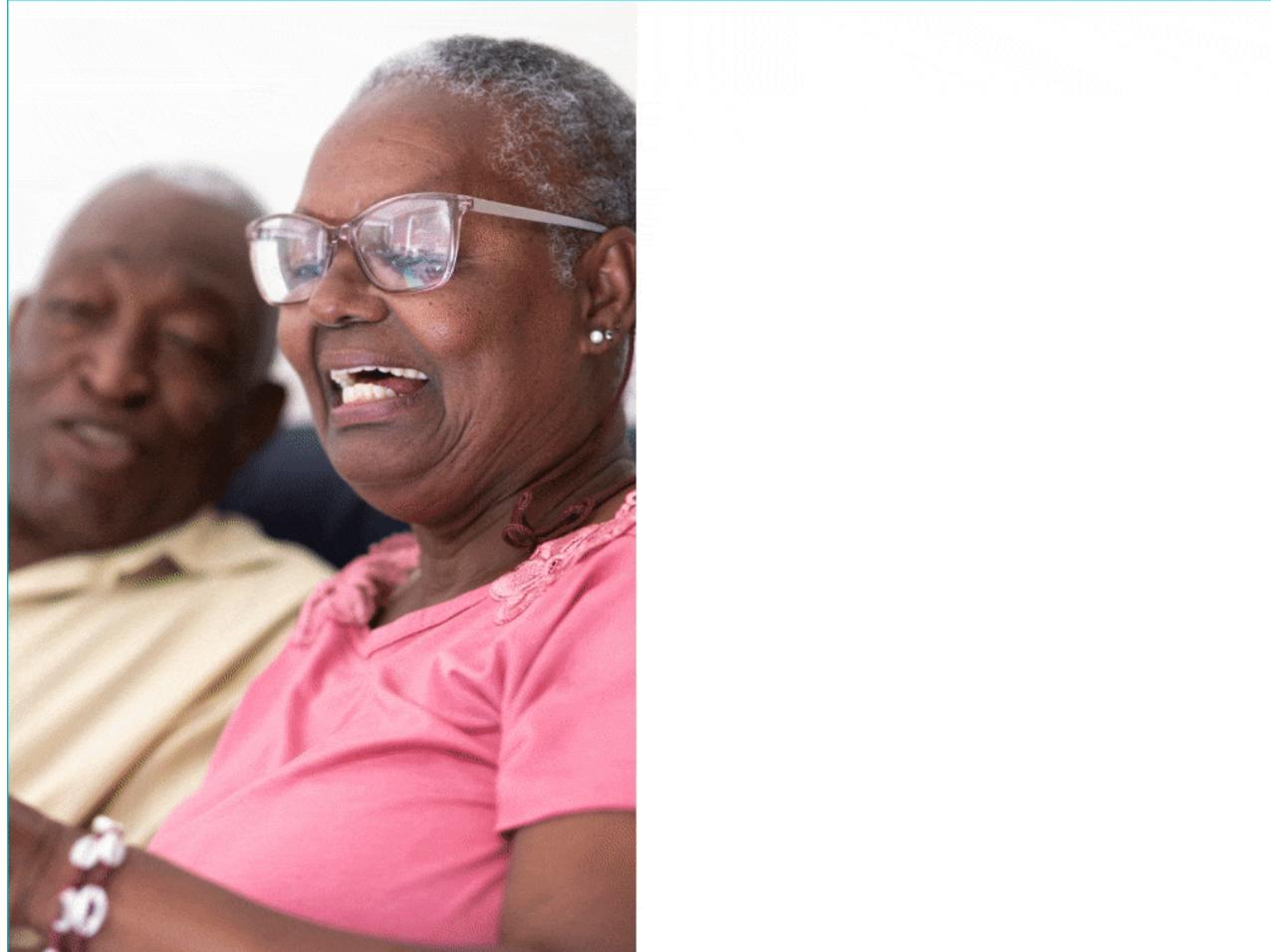
**Now's the time**  
Protect what's really important.

WELLAHEAD.WPENGINE.COM

**Now's The Time**  
Protect What's Most Important [Learn More](#)

 Like  Comment  Share

# Digital



# Now's the Time Website



**WELL-AHEAD**  
WELL-AHEAD.ORG

## Now's The Time

Most people with prediabetes, or borderline diabetes, don't even know they have it! People with prediabetes have higher-than-normal levels of sugars in their blood, but not high enough to be type 2 diabetes...yet. The good news? Prediabetes can be reversed! This means you can stop it from becoming type 2 diabetes. But you need to act NOW!

Don't wait—[take the quiz](#) to learn more about your health. By knowing your risk, you can protect what's really important—your health, your goals and your family.

Find out if you're living with prediabetes.

[Take the Quiz Now](#)



# Campaign Results

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- Paid media campaign ran from late November 2020 through September 2021
- The targeted display ads were seen more than 2.8 million times, leading 4,832 people to click the link to the website
- Paid social media ads were seen nearly 700,000 times, leading 6,485 people to click the link to the website
- Of the people who came to the website, 1,829 completed the diabetes risk score test
  - 92 of those requested more information about a NDPP class near them



# Grassroots Outreach

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- March through July 2021
- Churches
- Community-based organizations
- In-person events

**NOW'S THE TIME  
CAMPAIGN: RESOURCES**

# Now's the Time Community Involvement



## Now's the Time for your Community!

More than 1.2 million Louisiana residents have prediabetes – a condition where blood glucose levels are higher than normal, but not high enough to be type 2 diabetes – and most don't know they have it. Those that do have prediabetes often feel they can't do anything to prevent getting type 2 diabetes, but they can.



# Join Us...Now's the Time!

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- Encourage patients to take the prediabetes risk test at [www.NowstheTimeLA.com/#quiz](http://www.NowstheTimeLA.com/#quiz)
- Download and share materials at [www.NowstheTimeLA.com/community-involvement](http://www.NowstheTimeLA.com/community-involvement)
- Encourage other community leaders to join in the effort

**QUESTIONS?**



# Contact Information

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- Well-Ahead Louisiana Provider Education Network
  - [www.wellaheadla.com/move-well-ahead/provider-education-network/](http://www.wellaheadla.com/move-well-ahead/provider-education-network/)
  - [wellahead@la.gov](mailto:wellahead@la.gov)
- Now's the Time
  - [www.nowsthetimela.com](http://www.nowsthetimela.com)
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# Rural Health Workshop

- December 6-8, 2021
- [www.ruralhealthworkshop.org](http://www.ruralhealthworkshop.org)

VIRTUAL RURAL  
HEALTH  
WORKSHOP

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# Provider Education Network

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- The Provider Education Network helps healthcare professionals address the challenges facing our communities
  - Education
  - Technical Assistance
  - Quality Improvement Strategies
  - Workforce Development
  - Patient Education Tools
  - Links to Community-Based Programs
- Join today at [www.wellaheadla.com/join-provider-education-network](http://www.wellaheadla.com/join-provider-education-network)



Thank You for Joining Us!

November 17, 2021

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