

WV Health Care Teams: A Call to Action

Referrals Needed for Prevention of Diabetes National Diabetes Prevention Program (NDPP) A Lifestyle Change Program

Why



Participation is proven to:

- Decrease the # of new diabetes cases by 58% in those participants that lose 5-7% of their total body weight and add 150 minutes of physical activity/week
- Decrease the # of new diabetes cases by 71% in participants >60 years old
- Decrease the risk for stroke and cardiovascular disease

Who



Identify eligible patients:

- In the average primary care practice, 1 of 3 patients > age 18 will have prediabetes.
- In the average primary care practice, 1 of 2 patients > age 65 will have prediabetes.
- Link to NDPP eligibility criteria: <https://www.cdc.gov/diabetes/prevention/program-eligibility.html>

What



Health care team action needed:

- Screen patients using the *CDC Prediabetes Screening Test*.
- Test patients for prediabetes using 1 of 3 blood tests.
- Refer patients to a diabetes prevention program.



Times to refer:

- Consider referral at the time of visit.
- Consider generating an electronic health record list of eligible patients.

When

How



How does NDPP work?

- Participants meet for group lifestyle coaching (16 weekly sessions).
- Results are achieved with weight loss of just a minimum of 5% of total body weight.
- NDPP incorporates healthy eating, increased physical activity, stress management, & behavior modifications.

Where



NDPP class locations and times:

State Resource:

WV Health Connection:

<https://www.wvhealthconnection.com/workshop-wizard>

National Resource:

[cdc.gov/diabetes/prevention](https://www.cdc.gov/diabetes/prevention)

<https://www.cdc.gov/diabetes/prevention/index.html>

Why not?



Your referral can make a difference:

- It can take as little as five years for prediabetes to progress to diabetes.
- During this window of opportunity, your patients can benefit from a proven intervention.
- 2014 CDC data indicates that 518,000 adults in West Virginia have prediabetes and many are undiagnosed and unaware.



For referral assistance:

Contact: Susan Sims, MSN, RN, Nurse III

Division of Health Promotion and Chronic Disease

WV Bureau for Public Health

350 Capitol Street Room 514

Charleston, WV 25301

(304) 356-4207 phone

Susan.R.Sims @wv.gov

Contacts

Sources: American Medical Association and Centers for Disease Control and Prevention

Visit www.wvchronicdisease.org for more chronic disease prevention tips!