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

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.

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How

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.

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

When

Times to refer:

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

Where

NDPP class locations and times:

National Resource: cdc.gov/diabetes/prevention

Contacts

For referral assistance:

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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.

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

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