



Providers

Prediabetes: What you can do

What you can do for your patients:

- Display *Is Diabetes in your Family Tree?* posters in your clinic
- Ask patients to complete the *I CAN Prevent Diabetes Risk Questionnaire*
- Follow the MN Algorithm for Prediabetes and Type 2 Diabetes
- Obtain A1C, FPG or OGTT to confirm if patients at risk have prediabetes or diabetes, and treat as needed
- For prediabetes, encourage lifestyle change & I CAN PD or other DPP structured programs if patient is motivated
 - 5-7% weight loss if overweight
 - 150 min/wk physical activity
 - Return for follow-up in 3 mo to review goals
- Sign referral form & give to patient with the I CAN PD brochure. Keep a copy in patient's file.

Background for Providers

I CAN Prevent Diabetes! is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. In this mode, health care providers refer patients with prediabetes to certified I CAN Prevent Diabetes programs in community programs such as the YMCA, fitness centers, faith communities, wellness programs or community health centers.

The I CAN Prevent Diabetes program follows the national Diabetes Prevention Program (DPP) that showed that the DPP was effective in reducing the progression to diabetes by 58% with people with prediabetes who lost 7% of their body weight. Other DPP programs include the YMCA's Y-DPP and Lifestyle Balance programs offered through the Indian Health Services.

These programs have shown that type 2 diabetes can be prevented or delayed in people with pre-diabetes if they make simple changes to increase physical activity and lose weight. This program offers diabetes prevention education and support for people with pre-diabetes through group support.

I CAN Prevent Diabetes! and other DPP programs provide the following tools to help patients prevent or delay type 2 diabetes:

- Groups classes lead by certified I CAN Prevent Diabetes facilitator
- 16-week curriculum based on the DPP
- Discussions on how to address diabetes prevention, nutrition and physical activity
- Goal setting to loose 5 -7% of their body weight and change their lifestyle
- Weekly accountability: weigh-in, keep weekly food logs and record minutes of activity

At the end of the 16 week program, participants are encouraged to return to their physician/provider for follow-up and on-going care.

Participants should:

- Be 18 years or older
- Diagnosed by a provider with prediabetes
- Referred by their provider
- Be healthy enough to participate in moderate physical activity (such as walking)

Prediabetes

Prediabetes occurs when blood sugar levels are higher than normal but not yet high enough to be diagnosed as diabetes. Refer to the Minnesota Algorithm for Prediabetes and Type 2 Diabetes for diagnostic criteria.

Preventing type 2 diabetes

An individual with prediabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight reduction are often effective enough to bring blood sugar levels back down to a healthy range.

About the Diabetes Prevention Program

The Diabetes Prevention Program (DPP), a national, 27-center, randomized clinical trial, showed that a 16-week lifestyle behavior change program can help prevent or delay the onset of diabetes in high risk patients if they reach a moderate (7%) weight loss goal and increase their physical activity. The I CAN Prevent Diabetes Program is based on the DPP and adapted by Plan Forward at the Indiana University Diabetes Translation Research Center for work with the YMCA.

For more information, contact Rita.Mays@state.mn.us or visit our website, www.icanpreventdiabetes.org.