9 out of 10 people with prediabetes don’t know they have it.

New York State is raising awareness about prediabetes. Screening, testing, and then treating prediabetes can help prevent new cases of type 2 diabetes. Left untreated, 15-30% of people with prediabetes will progress to type 2 diabetes within five years.

This toolkit contains resources to help your practice:

- Diagnose patients with prediabetes and start the conversation about type 2 diabetes prevention.
- Provide guideline-concordant care.
- Refer patients to diabetes prevention programs and encourage their participation.

The National Diabetes Prevention Program (NDPP) is an evidence-based lifestyle change intervention for people with prediabetes and/or at risk for type 2 diabetes. New York State has been a pioneer in building infrastructure for the NDPP and many programs exist across the state in a variety of community settings.

The enclosed materials are intended to help practices develop and implement a process to diagnose prediabetes and refer patients to a local NDPP. Increasing awareness of prediabetes and the available treatment among both patients and healthcare professionals is vital to start reversing the trend of type 2 diabetes in New York and the country. All of these materials are also available at www.prediabetesNY.org.

Thank you for joining these efforts and taking action with your patients.

Prevent Diabetes STAT (Screen, Test, Act Today) is the campaign recently launched by the American Medical Association (AMA) and Centers for Disease Control and Prevention (CDC). Information and resources are available for healthcare providers and consumers at www.preventdiabetesstat.com.