Welcome!

- Today you will hear a presentation and have the opportunity to ask questions
- Find resources and materials at: http://www.albany.edu/sph/cphc/prediabetes.shtml
- Today’s session is being recorded

Webinar Guidelines

- Please designate one person at the computer
- Adobe Features you will use today:
  * Chat Box
Evaluations
Your feedback is important!

Please visit http://www.ualbanycphp.org/eval/SPHeval.cfm?ID=262
to fill out your evaluation

Conflict of Interest & Disclosure Statements
The planners and presenters do not have any financial arrangements or affiliations with any commercial entities whose products, research or services may be discussed in this activity.

No commercial funding has been accepted for this activity.

What is Prediabetes?
Pre-diabetes is a condition in which blood glucose levels are higher than normal, but not high enough to be classified as full-blown diabetes. Those with pre-diabetes are at increased risk of developing type 2 diabetes unless they adopt a healthier lifestyle that includes weight loss and more physical activity.
Prevalence of prediabetes among New York State (NYS) adults by age, BRFSS 2012

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>All adults</td>
<td>7.5</td>
</tr>
<tr>
<td>18-24 yrs</td>
<td>2.2</td>
</tr>
<tr>
<td>25-34 yrs</td>
<td>3.6</td>
</tr>
<tr>
<td>35-44 yrs</td>
<td>5.0</td>
</tr>
<tr>
<td>45-54 yrs</td>
<td>10.0</td>
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<tr>
<td>55-64 yrs</td>
<td>11.3</td>
</tr>
<tr>
<td>65 yrs</td>
<td>12.2</td>
</tr>
</tbody>
</table>

Why did you send these to me?

Assisting Toward Prevention Agenda Goals
Priority Area 1: Preventing Chronic Diseases

Focus Area 3:
* Increase Access to High Quality Chronic Disease Preventive Care and Management in Both Clinical and Community Settings

Tracking Indicator:
* Develop a sustainable infrastructure for widely accessible, readily available self-management interventions linked to the clinical setting

Toolkit Contents....
* Prediabetes Awareness Cover Letter
* Prediabetes Prevention Brochure
* Prediabetes Diagnosis Algorithm
* Diabetes Prevention Program Referral Forms
* Patient Care Guidelines
* Prediabetes Awareness Poster
* Evidence Based Research on Type 2 Diabetes Prevention
* Prediabetes Tear Off Pad

9 out of 10 people with prediabetes don’t know they have it.
Evidence Based Research on Type 2 Diabetes

Diabetes Prevention Program (DPP)

Prediabetes Prevention Brochure
Prediabetes Prevention Brochure

Prediabetes Awareness Poster

NYS Diabetes Prevention Program (NYS DPP)
Prediabetes Identification and Intervention Algorithm
NYS Diabetes Prevention Program (NYS DPP) Prediabetes Identification and Intervention Algorithm (page 2)

Diabetes Prevention: Preventable and Preventable!

The NYS DPP is an evidence-based program for adults with diagnosed prediabetes or who are at high risk for developing type 2 diabetes. The program is led by a trained Lifestyle Coach and meets one hour per week for 16 weeks, followed by monthly meetings for 6 months. The program consists of a combination of healthy eating, physical activity, and behavior change. To be eligible, a participant needs to be at least 18 years old, have a body mass index of 30 or higher, have a prediabetes diagnosis, or have a high risk for developing type 2 diabetes.

Common CPT Codes for Diabetes Screening

- CPT 20520 Blood glucose test
- CPT 20522 Hemoglobin A1C test
- CPT 20524 Diabetes education

New York State Diabetes Prevention Program (NYS DPP) Patient Recommendation

To be considered for the Health Care Provider:

- NYS DPP Participant Eligibility:
  - Must be at least 18 years old
  - Must have a BMI 25 or higher
  - Must have a family history of diabetes or other health risks

- Prediabetes Screening:
  - Glucose tolerance test (GTT)
  - Hemoglobin A1C

- Prediabetes Management:
  - Lifestyle changes
  - Medications as needed

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Prediabetes Care

- To promote the early detection and management of prediabetes and prevention of type 2 diabetes for adults.

- To encourage healthy lifestyle changes that can help prevent or delay the onset of type 2 diabetes.

- To provide a safe and effective method for managing prediabetes.

- To reduce the risk of complications associated with type 2 diabetes.

- To improve quality of life for individuals with prediabetes.

- To reduce healthcare costs associated with type 2 diabetes.

Key Measures:

- T2DM prevalence: 20% of adults aged 20 years and older have diabetes.
- Half of American adults over age 50 have prediabetes.
- Prediabetes is a stage between normal glucose tolerance and type 2 diabetes.
- Prediabetes is a risk factor for type 2 diabetes.
- In the United States, more than 140 million adults have prediabetes.

Key Recommendations:

- Lifestyle changes are the most effective way to prevent or delay the onset of type 2 diabetes.
- Healthy eating and physical activity are key components of a healthy lifestyle.
- Early detection and management of prediabetes can significantly reduce the risk of type 2 diabetes and its complications.
- Regular physical activity is essential for managing prediabetes and preventing type 2 diabetes.
- Healthy eating includes choosing a variety of foods and balancing calories with physical activity.
**What is Academic Detailing?**

- Innovative service-oriented educational outreach method
- For front-line clinicians and practitioners
- Supports improved clinical decision-making
  - 1-on-1 visits
  - Accurate, up-to-date synthesis of the clinical evidence
  - Engaging format
- Can ignite clinician behavior change, which ultimately improves patient care

**Academic Detailing**

Close the gap between:

Best available evidence → Actual clinical practice

- When clinicians see academic detailing as a service, they are primed to use the information to improve patient care and outcomes

**Flexible Uses of Academic Detailing**

- **Improving Knowledge**
  - New guidelines
  - Health threats
- **Changing Treatment**
  - More effective/cost effective or safer
  - Decrease overuse
- **Improving Patient Education**
  - Use of materials
  - Communication of vital information
- **Increasing**
  - **Diagnosis/Screening**
    - What to look for
    - What to do when found
- **Increasing Utilization of Complementary Resources**
  - Public health programs
  - Referral resources
For more information on academic detailing:
http://www.narcad.org/

Toolkit contents also available...
WWW.prediabetesNY.org

Thank you......

.....for being important partners in diabetes prevention in New York State!

QUESTIONS?

Contact information:
Susan Millstein
Susan.Millstein@health.ny.gov
(518) 408-5142