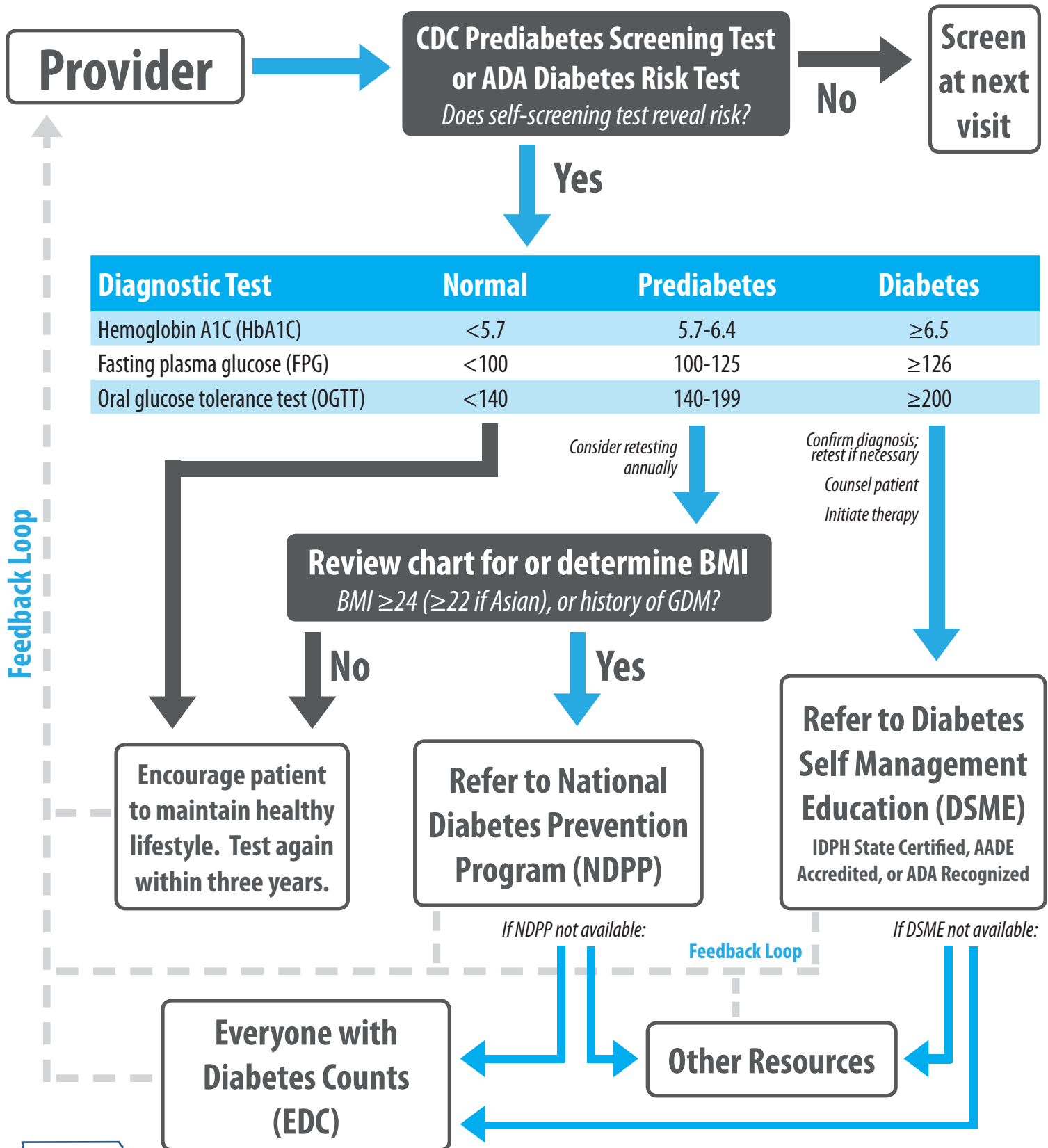


Prediabetes and Diabetes Referral Flow Chart



Resources

National Diabetes Prevention Program (NDPP)

The National Diabetes Prevention Program (NDPP) is an evidence-based and cost-effective lifestyle change program for preventing type 2 diabetes among people with prediabetes or at high risk for type 2 diabetes. An estimated 1 in 3 adults in Iowa have prediabetes. NDPP is a year-long, group-based program based on a successful clinical trial. The 2 goals of the program are to lose 5 to 7% of body weight and to increase physical activity to 150 minutes a week. Phase 1 of the class takes place over 6 months and consists of a minimum of 16 sessions meeting weekly for one hour. Phase 2 takes place over the next 6 months and consists of a minimum of 6 one-hour sessions. Some NDPP classes are held in community settings or in other organizations, while others are online. Cost varies by site; contact your local site for more information. For more information about locations in Iowa and patient eligibility, click [here](#).

Many adults do not know if they are at risk for type 2 diabetes. Healthcare providers are encouraged to screen any patient of 18 years or older that does not have diabetes. The CDC Prediabetes Screening Test is available at <http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf> and the ADA Diabetes Risk Test is available at <http://DoIHavePrediabetes.org/>.

Diabetes Self Management Education (DSME)

Diabetes Self-Management Education is the ongoing process of facilitating the knowledge, skill, and ability necessary for diabetes self-care. The process incorporates the needs, goals, and life experiences of the person with diabetes and is guided by evidence-based standards. The overall objectives of DSME are to support informed decision-making, self-care behaviors, problem-solving and active collaboration with the health care team and to improve clinical outcomes, health status, and quality of life. A physician referral is required. Education is 10 hours and is approved by CMS for reimbursement by Medicare (American Diabetes Association-recognized, American Association of Diabetes Educators-accredited programs), Medicaid (Iowa Department of Public Health state-certified programs), and other third-party payers. For a list of locations in Iowa, go to <http://bit.ly/DSMEinIA>.

Everyone with Diabetes Counts (EDC) Program

Everyone with Diabetes Counts is a national initiative through the Centers for Medicare & Medicaid Services (CMS). This free program aims to improve health outcomes and reduce issues of health disparities among people with diabetes and prediabetes. Trained educators from Telligen and local community volunteers offer Diabetes Self-Management Education (DSME) throughout Iowa using a model called the Diabetes Empowerment Education Program (DEEP). DEEP incorporates the needs, goals and life experiences of the person with diabetes and is guided by evidence-based standards. The program consists of six classes of approximately 1 ½ hours in length where participants learn how to self-manage their diabetes, the importance of diet, exercise, keeping regular physician exams, managing medications and much more. Classes can be held at churches, community centers, physician offices, hospitals, schools – virtually anywhere someone is willing to host a class. For more information contact Telligen at: iaqiosupport@area-d.hcqis.org or (515) 440-8600.

Chronic Disease Self Management Program (CDSMP)

CDSMP, also known as Better Choices, Better Health, is an evidence-based 6-session workshop developed by Stanford University. The peer supported program is designed to help participants self-manage their chronic health conditions by encouraging mutual support of and confidence in the participants' abilities to maintain their wellness; it is not specific to any one disease, but instead addresses a variety of topics that are commonly encountered when dealing with ongoing health conditions. Research has demonstrated that participants who complete the program have experienced better overall health, have more energy and less fatigue, have fewer visits to the doctor and have reduced distress about their health. Learn more at <http://idph.iowa.gov/betterchoicesbetterhealth>.

References

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