

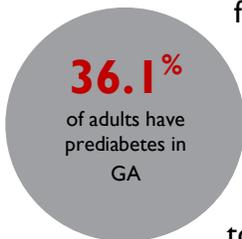
## Prediabetes

**Prediabetes** is a reversible condition where blood glucose levels are above normal levels but not elevated enough to be diagnosed with diabetes. This usually occurs due to the **body no longer responding normally to insulin** produced by the pancreas. Some people may be **asymptomatic** (have no symptoms) or have vague symptoms for years without knowing they have prediabetes.

	Normal	Prediabetes	Diabetes
<b>Fasting glucose</b>	≤ 99 mg/dL	100-125 mg/dL	≥ 126 mg/dL
<b>Oral glucose tolerance test</b>	≤ 139 mg/dL	140-199 mg/dL	≥ 200 mg/dL
<b>Hemoglobin A1c</b>	< 5.7%	5.7-6.4%	≥ 6.5%

Figure 1: Laboratory values for prediabetes & type 2 diabetes<sup>1</sup>

Having prediabetes can increase a person’s risk for developing type 2 diabetes, heart disease, and stroke.<sup>2</sup> It is estimated that **36.1%** of adults in Georgia fall within this range, equating to approximately 2,599,000 adults with prediabetes.<sup>3</sup>



## Solution

Those with prediabetes can cut their risk of developing type 2 diabetes in half (Figure 2) by participating in the **Diabetes Prevention Program (DPP)**. DPP is an evidence-based, lifestyle change program for individuals with prediabetes or at risk for type 2 diabetes.<sup>2</sup> The program helps participants make real lifestyle changes through education on healthy eating choices, increasing physical activity, coping skills, stress management, and problem solving.

Without intervention, around

**5-10 percent** of people with prediabetes will transition from prediabetes to type 2 diabetes every year.<sup>4</sup>

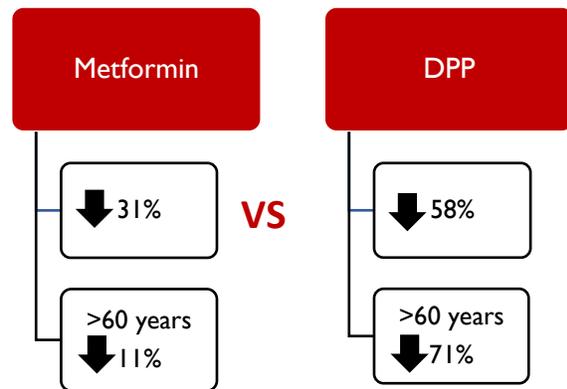


Figure 2: Risk of type 2 diabetes using Metformin versus Diabetes Prevention Program, overall and for participants over 60 years, based on data from Reduction in the Incidence of Type 2 Diabetes with Lifestyle Intervention or Metformin.<sup>5</sup>

## Diabetes Prevention Program

DPP is delivered over a year, comprised of **weekly sessions** for the first **six months** and then **monthly sessions** for the final **six months**, by a trained “lifestyle coach” who follows program standards laid out by the CDC. “Lifestyle coaches” do not require any prerequisite license, certification, or credentialing, but a training course



is required prior to leading the program.

To join DPP, participants must be at least **18** with **no prior history of diabetes**, be diagnosed with **prediabetes** or at **risk for type 2 diabetes** and be **overweight**. The delivery of DPP may be in person, via distance learning, or online.

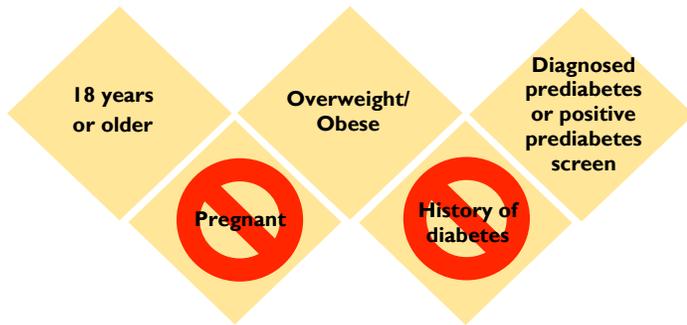
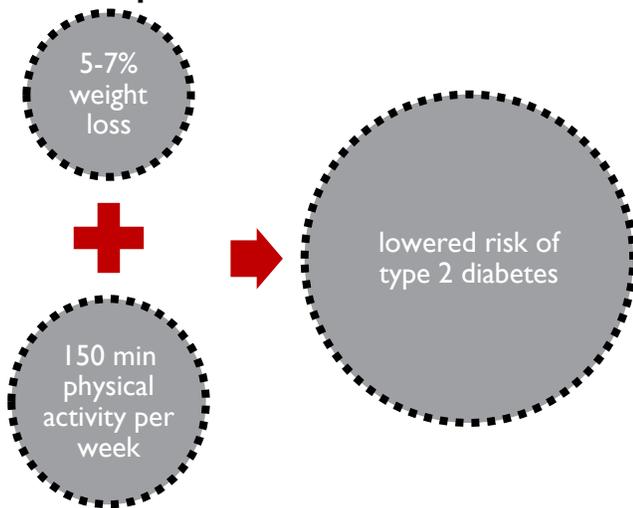


Figure 3: Participant Eligibility

## DPP Goals

Goals for DPP participants should focus on moderate changes in both diet and physical activity to achieve modest weight loss over the first six months. Participants aim to lose between **5-7 percent** of their baseline body weight and increase physical activity to **150 minutes per week**.<sup>2</sup>



Strategies used to achieve these goals must include a focus on self-monitoring of diet and physical activity, building of self-efficacy and social support for maintaining lifestyle changes, and problem-solving strategies for overcoming common challenges to sustaining weight loss.

<sup>1</sup> Centers for Disease Control. *Diabetes Home: Getting Tested*. (2017, August 4). Retrieved June 19, 2018, from <https://www.cdc.gov/diabetes/basics/getting-tested.html>

<sup>2</sup> Diabetes Home: Prediabetes. (2017, July 25). Retrieved April 17, 2018, from <https://www.cdc.gov/diabetes/basics/prediabetes.html>

<sup>3</sup> American Diabetes Association. *The Burden of Diabetes in Georgia*. Retrieved June 19, 2018, from

Weekly Session Topics
Introduction to the Program
Get Active to Prevent T2
Track Your Activity
Eat Well to Prevent T2
Track Your Food
Get More Active
Burn More Calories Than You Take In
Shop and Cook to Prevent T2
Manage Stress
Find Time for Fitness
Cope with Triggers
Keep your Heart Healthy
Take Charge of Your Thoughts
Get Support
Eat Well Away from Home
Stay Motivated to Prevent T2

Figure 4: Diabetes Prevention Program Session Topics

Monthly Session Topics
When Weight Loss Stalls
Take a Fitness Break
Stay Active to Prevent T2
Stay Active Away from Home
More About T2
More About Carbs
Have Healthy Food You Enjoy
Get Enough Sleep
Get Back on Track
Prevent T2-for Life!

## Reimbursement for DPP

Sites that deliver DPP are eligible for national recognition from the CDC. Reports are due to the CDC every **6 months**, and once you complete one cohort and meet the outcome requirements (attendance, weight loss, and physical activity) you can qualify for preliminary or full recognition status. For more details about recognition status and the quality measures, please see the National Diabetes Prevention program information on CDC's website (<https://www.cdc.gov/diabetes/prevention/index.html>). Sites that have achieved preliminary or full recognition and maintain standards are eligible for **reimbursement from Medicare** for services provided to eligible participants. Some Georgia insurers also cover DPP for certain participants, but some do not allow reimbursement for distance learning. As of July 2018, the Georgia Medicaid program does not cover DPP.

<http://main.diabetes.org/dorg/assets/pdfs/advocacy/state-fact-sheets/Georgia2018.pdf>

<sup>4</sup> Tabák, A. G., Herder, C., Rathmann, W., Brunner, E. J., & Kivimäki, M. (2012). Prediabetes: A high-risk state for diabetes development. *The Lancet*, 379(9833), 2279-2290. doi:10.1016/s0140-6736(12)60283-9

<sup>5</sup> Knowler, W. C., Barrett-Connor, E., Fowler, S. E., Hamman, R. F., Lachin, J. M., Walker, E. A., & Nathan, D. M. (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *New England Journal of Medicine*, 346(6), 393-403. doi:10.1056/NEJMoa012512