

Diabetes Prevention Program (DPP) - Employer Toolkit

San Diego County

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WHAT IS PREDIABETES?

Diabetes is a disease that causes high levels of sugar (glucose) in the blood because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. The body needs insulin to turn glucose from food into energy.

Type 1 diabetes happens when the body does **not make** insulin. It happens mostly in children and young adults.

Type 2 diabetes happens when the body does **not use** insulin well. Most people (90%) with diabetes have this type.

Prediabetes is when blood sugar levels are higher than normal, but not high enough to be called diabetes. People with prediabetes are at high risk of getting type 2 diabetes.

It is estimated that one in three U.S. adults, which is nearly 86 million Americans, has prediabetes. Out of those individuals with prediabetes, 9 out of 10 don't know they have it.¹ A recent study found that nearly half of adults in San Diego are on the path to diabetes.² Without healthy lifestyle changes, 15-30% of people with prediabetes will progress to type 2 diabetes within 5 years.¹ Type 2 diabetes can lead to other serious health issues, including heart attack, stroke, blindness, kidney disease, and nerve damage.

WHY SHOULD EMPLOYERS BE CONCERNED?

Currently about 10% of U.S. adults have diabetes, and if trends continue, rates will double by 2025.³ A person with diabetes incurs on average \$13,700 annually in medical expenses; that's about 2.3 times the expenses of a person without diabetes.⁴ It adds up. In 2012, the total cost of diagnosed diabetes was \$245 billion, up 41% over a 5-year period.³ **Each year, diabetes costs employers about \$69 billion in lost productivity.**⁴

Prediabetes is a growing workforce issue with serious health and cost consequences, but it is typically much cheaper to prevent diabetes than to treat the consequences of the disease.

ABOUT THE NATIONAL DIABETES PREVENTION PROGRAM (DPP)

Background

The DPP is an evidence-based program led by the Centers for Disease Control and Prevention (CDC). The research shows that people with prediabetes who participate in the program can reduce their risk of developing type 2 diabetes by 58%. The DPP reduces type 2 diabetes risk by helping people lose 5 to 7% of their body weight through healthy eating and moderate physical activity.⁵ Even after 10 years, individuals

who participated in the lifestyle change program had a 34 percent lower rate of type 2 diabetes.⁶

Program Structure

The Centers for Disease Control and Prevention (CDC) recognizes Diabetes Prevention Programs which use approved curriculum and are led by a trained lifestyle coach. Programs are offered nationwide both in-person and online. Several programs are offered in San Diego County. To find a program near your worksite, visit https://nccd.cdc.gov/DDT_DPRP/Programs.aspx.

Each program runs for one year. The program typically follows this general structure:

- During the first 6 months of the program, participants meet about once a week. Participants will learn how to:
 - Eat healthy without giving up all the foods they love
 - Add physical activity to their lives, even if they don't think they have time
 - Deal with stress
 - Cope with challenges that can derail their hard work—like how to choose healthy food when eating out
 - Get back on track if they stray from their plan—because everyone slips now and then
- During the second 6 months, meetings are once or twice a month. The focus changes to enhancing and maintaining the changes made during the first half of the program.

DPP Works and is Cost Effective

This program gets results and is a cost-effective use of resources. Based on the outcomes from DPP research studies reaching **100** adults with prediabetes, participants achieved:

- **58%** reduction in incidence of diabetes⁵
- **25%** reduction in medication use for hypertension and hyperlipidemia⁷
- **1-2%** reduction in absenteeism (missed work days) and productivity loss⁸

The CDC has determined that lifestyle interventions to prevent type 2 diabetes among people with prediabetes is “very cost-effective” and, in many cases, cost saving through reductions in health care spending.⁹

- The DPP costs about \$500 per person, depending on factors such as promotion, recruitment, staff, and logistics costs.
- A study funded by CDC and the National Institutes of Health (NIH) showed a statistically significant cost savings averaging \$129 per participant after 3 years.¹⁰

As a covered benefit, these programs can help employers manage their health care costs and help insurers control premium increases, making plans more competitive.

The American Medical Association (AMA) provides a DPP Cost Saving Calculator for employers to estimate their potential cost savings of offering the Diabetes Prevention Program over a 3-year period. Review your health care claims data in order to estimate the size of your population with prediabetes and then visit <https://ama-roi-calculator.appspot.com/> to analyze potential cost savings. Simply follow the prompts, and enter your organization's information into the calculator.

ACTION STEPS FOR BUSINESSES

Ensure the DPP is a Covered Health Benefit

The DPP is about preventing type 2 diabetes. While many health insurance plans offer chronic disease management programs, not all are evidence-based and many are focused on managing existing disease. Contact your health insurance carrier(s) and ask if the Diabetes Prevention Program is a covered benefit.

If the DPP is a Covered Benefit...

Find out coverage details. Asking the following questions is a good start:

- What do you need for enrollment?
- Are there any situations where the DPP would not be covered?
- Are there any conditions for enrolling in the DPP?
- What percentage of the program cost is covered?
- What happens if someone drops out of the program? Are they responsible for covering the costs of the program?
- How do you promote the DPP to eligible participants?
- How do we find and connect with local DPP providers who accept this insurance benefit?

If the DPP is not a Covered Benefit...

Start a discussion with your health insurance carrier(s) about how to add it as a benefit for employees. See the letter template on page 7 for an example of how to get the conversation started. You can also ask the following questions:

- What other chronic disease prevention or treatment programs are included?
- Why is the DPP not a covered benefit?
- Can you explain how coverage of this program would work and if there are any conditions we should be aware of regarding coverage?

- What would the total additional costs be for adding the DPP as a benefit? How much would the additional cost be per person?
- What percentage of the DPP cost would be covered?

Consider Covering DPP Costs as the Employer

If your health insurance carrier is not prepared to cover the DPP, consider if you as the employer can cover all or a portion of the costs for eligible employees as part of your wellness program.

- Locate a local DPP provider and discuss the possibility of partnering with them to offer the program to your employees.
- Determine the cost per participant and a pay structure. Find what works best for your worksite and your DPP provider, but some options include:
 - o The employer pays the entire cost of the program and employees participate for free.
 - o The employer covers part of the cost, and employees make up the difference.
 - o Employees pay up-front or monthly and are reimbursed by the employer after meeting specific program milestones.

Promote Diabetes Prevention to your Employees

- See the last section of this toolkit for a variety of DPP-related promotional materials, including a paper copy of the prediabetes risk-assessment, a poster describing the program and its benefits, and local San Diego DPP flyers.
- Hang informational posters on your wellness board or other employee common areas to increase awareness of the program offering.
- Send emails, post on the employee intranet, and put an announcement in your employee newsletter. Include a link to an online version of the prediabetes risk-assessment to encourage employees to find out if they are at risk for prediabetes.
- Promote DPP participation and ask employees to take the prediabetes risk assessment at employee wellness fairs or biometric screening events.
- Ask your health insurance carrier(s) how they can help promote the DPP. Request that they include DPP information with billing, send targeted mailing for people with prediabetes markers, and include DPP promotional flyers with benefit enrollment materials.
- Host a DPP informational session at your worksite. Invite a local DPP provider who accepts your health insurance to present.
- Support DPP participation by offering incentives for participation.
- If possible, offer an on-site DPP class at your worksite to make attending classes convenient for employees.

REFERENCES

1. Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014. Available from <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>
2. Babey SH, Wolstein J, Diamant AL, Goldstein H. Prediabetes in California: Nearly Half of California Adults on Path to Diabetes. Policy Brief UCLA Cent Health Policy Res. 2016;(PB2016-1):1-8.
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5. Knowler, WC, Barrett-Connor, E, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393–403.
6. Diabetes Prevention Program Research Group. 10-year follow-up of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. *Lancet*. 2009;374:1677–86.
7. Dall, Timothy M., et al. "Value of Lifestyle Intervention to Prevent Diabetes and Sequelae." *American journal of preventive medicine* 48.3 (2015): 271-280.
8. Ratner R, Goldberg R, Haffner S, et al. Impact of intensive lifestyle and metformin therapy on cardiovascular disease risk factors in the diabetes prevention program. *Diabetes Care*. 2005;28(4):888- 894.
9. Li R, Zhang P, Barker LE, Chowdhury FM, Zhang X. Cost-effectiveness of interventions to prevent and control diabetes mellitus: A systematic review. *Diabetes Care*. 2010; 33(8): 1872–94.
10. Smith J. YMCA prediabetes program results in weight loss, lower costs. *Clinical Endocrinology News*. June 26, 2015. Available from http://www.clinicalendocrinologynews.com/specialty-focus/diabetes/single-article-page/ymca-prediabetes-program-results-in-weight-loss-lower-costs/6cba7c43b884fa97bb156d82d2bb64a1.html?utm_source=News_FPN-enl150630_final&utm_medium=email&utm_content=Auto+accidents+in+sleepy+medical+trainees+raise+legal+liability+issues.

RESOURCES

Helpful Websites

American Diabetes Association

- Provides general information on diabetes prevention and management
<http://www.diabetes.org/>
- Recipes and information on maintaining healthy eating habits to manage and prevent diabetes
<http://www.diabetes.org/food-and-fitness/food/>

Center for Disease Control and Prevention

- The National Diabetes Prevention Program overview
<http://www.cdc.gov/diabetes/prevention/>
- Information on implementing control programs for type 2 Diabetes once assessments and intervention planning are complete
<http://www.cdc.gov/workplacehealthpromotion/implementation/topics/type2-diabetes.html>
- Several projects related to diabetes prevention and management, as well as effective statewide initiatives
<http://www.cdc.gov/diabetes/projects/>

Diabetes at Work

- Strategies and tools to plan, build, and promote worksite wellness efforts to prevent diabetes and manage its complications
<https://diabetesatwork.org/>

National Diabetes Education Program

- Free resources for diabetes prevention and management, including information on community-based initiatives
<http://ndep.nih.gov/index.aspx>
- Specific strategies for implementing diabetes prevention programs in worksites
<http://ndep.nih.gov/hcp-businesses-and-schools/Businesses.aspx>

Sample Letter to Health Insurance Carrier

DATE

HEALTH INSURANCE CARRIER NAME

HEALTH INSURANCE CARRIER ADDRESS

Dear HEALTH INSURANCE CARRIER:

In order to ensure the health and wellness of our employees and take control of rising diabetes-related costs, <WORKSITE NAME> would like to add the National Diabetes Prevention Program (DPP), a prevention program recognized by the Centers for Disease Control and Prevention (CDC), as a covered health benefit for all employees.

The DPP is a lifestyle intervention program based on research funded by the National Institutes of Health that showed, among those with prediabetes, a 58 percent reduction in the number of new cases of diabetes overall, and a 71 percent reduction in new cases for those over age 60. The program empowers patients with prediabetes to take charge of their health and well-being. Participants meet in groups with a trained lifestyle coach for 16 weekly sessions and 6-8 monthly follow-up sessions.

Offering the DPP has financial benefits, as well as health benefits. Lifestyle change interventions are cost effective and, in some cases, cost saving through reductions in health care spending. For instance, a study funded by CDC and NIH showed a statistically significant cost savings averaging \$129 per participant after 3 years. Of the average \$13,700 annual medical costs of a person with diabetes, about \$7,900 is directly attributable to the disease. On the other hand, the average annual cost of offering a lifestyle change program that can cut a person's risk of type 2 diabetes in half is about \$500, depending on factors such as promotion, recruitment, staff, facilities, and logistics costs.

The DPP produces results and is cost-effective. As part of our worksite's dedication to the prevention of chronic disease, we request that the DPP be offered as part of our health insurance package for employees. Please contact <NAME> at <EMAIL> or <PHONE> for further discussion of this matter. I look forward to speaking with you soon.

Sincerely,

NAME

BUSINESS NAME

PHONE NUMBER

EMAIL ADDRESS

Sample Email to Employees

Dear <WORKSITE NAME> staff,

<WORKSITE NAME> is excited to provide you with a proven, effective way for you to better your health. The Diabetes Prevention Program is an evidence-based lifestyle change program proven to help participants lose weight and reduce their risk of type 2 diabetes. The program is now provided as a covered benefit under our health plan.

Did you know that 1 out of 3 American adults has prediabetes? Prediabetes means your blood glucose (sugar) is higher than normal but not high enough to be diabetes. Without lifestyle changes, many people with prediabetes will develop type 2 diabetes within 5 years.

The Diabetes Prevention Program focuses on simple lifestyle changes to help you lose weight, eat healthier, live a more active lifestyle, and reduce the risk of type 2 diabetes. Results have shown that participating in the Diabetes Prevention Program can reduce your risk for developing type 2 diabetes by 58%.

To find out if you are at risk for type 2 diabetes and qualify for this program, take the risk assessment quiz at <https://doihaveprediabetes.org/prediabetes-risk-test.html>.

DPP classes will be offered at <LOCATION>, and will only require 1 hour of your time per week for the first 16 weeks, then 1-2 hours per month for the remainder of the year.

Incentives will be offered for enrollment and completion of the DPP including <INCENTIVE 1> and <INCENTIVE 2>.

Should you have further questions about the program please contact <NAME> at <EMAIL> or <PHONE>.

Sincerely,

NAME

BUSINESS NAME

PHONE NUMBER

EMAIL ADDRESS

PROMOTIONAL MATERIALS

PREDIABETES

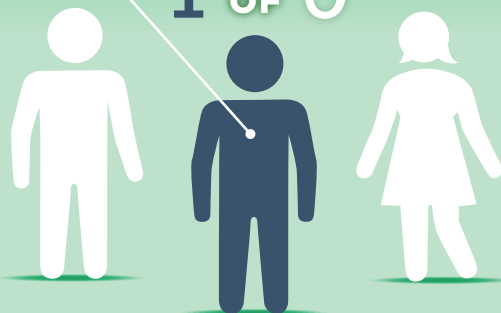
COULD IT
BE YOU?



86
MILLION

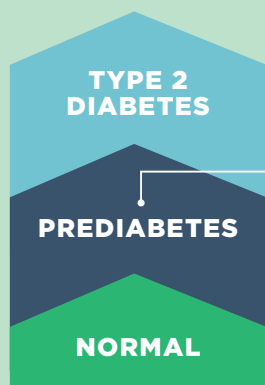
86 million American adults—more than 1 out of 3—have prediabetes

1 OUT OF 3



9 OUT OF 10

people with prediabetes do not know they have it



Prediabetes is when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

Prediabetes increases your risk of:



TYPE 2
DIABETES



HEART
DISEASE



STROKE



If you have prediabetes, losing weight by:



EATING
HEALTHY



BEING
MORE
ACTIVE

can cut your risk of
getting type 2 diabetes in

HALF





Without weight loss
and moderate
physical activity

**15–30% of people with
prediabetes** will develop
type 2 diabetes within 5 years



People who have diabetes are at higher risk of serious health complications:



BLINDNESS



**KIDNEY
FAILURE**



**HEART
DISEASE**



STROKE



**LOSS OF TOES,
FEET, OR LEGS**

YOU CAN PREVENT TYPE 2 DIABETES

FIND OUT IF YOU HAVE PREDIABETES —

See your doctor to get your
blood sugar tested



**JOIN A CDC-
RECOGNIZED**
diabetes
prevention
program



- ✓ eat healthy
- ✓ be more active
- ✓ lose weight



LEARN MORE FROM CDC AND TAKE THE **PREDIABETES RISK QUIZ** AT
<http://www.cdc.gov/diabetes/prevention>

REFERENCES

Centers for Disease Control and Prevention. National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Knowler WC, Barrett-Conner E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med 2002;346:393–403. As cited in March 22, 2013, MMWR.

Tuomilehto J, Lindstrom J, Eriksson J, et al; Finnish Diabetes Prevention Study Group. Prevention of type 2 diabetes mellitus by changes in lifestyle among subjects with impaired glucose tolerance. N Engl J Med 2001; 344:1343–1350.

CDC's Division of Diabetes
Translation works toward
a world free of the
devastation of diabetes.

**NEARLY HALF OF ADULT SAN DIEGANS
ARE ON THE PATH TO DIABETES.
THAT'S OVER 1 MILLION ADULTS, WHICH IS
ENOUGH TO FILL PETCO PARK 23 TIMES.**

Reverse Your Risk. Visit PreventDiabetesSD.org



**LIVE WELL
SAN DIEGO**



San Diego Diabetes Prevention Program



PREDIABETES IN SAN DIEGO

Prediabetes is a health condition in which blood glucose (sugar) level is higher than normal, but not high enough to be diagnosed as type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), people with prediabetes are more likely to develop diabetes within 5 years, and more likely to have a heart attack or stroke. ***As many as 46% of San Diego adults are on the path to type 2 diabetes.***¹

PROGRAM OVERVIEW

The San Diego Diabetes Prevention Program (DPP) is a CDC-led, evidence-based lifestyle change program designed to prevent or delay the development of type 2 diabetes among at-risk San Diegans.

Starting in 2015, the County of San Diego Health and Human Services Divisions of Public Health Services (PHS) and Aging & Independence Services (AIS) began offering the DPP in San Diego as a part of the CDC-funded Prevention Initiative administered through Live Well San Diego: Healthy Works.



To learn more about the DPP, you can visit the CDC website: www.cdc.gov/diabetes/prevention.

DESCRIPTION

- One-year program
- Supportive group environment
- Classroom-based
- Cuts risk for developing type 2 diabetes by 58%

GOALS

- Reduce body weight by 5-7%
- Increase physical activity up to 150 minutes per week

COMMUNITY-BASED PARTNERSHIPS

Live Well San Diego: Healthy Works convenes a network of community partners, the San Diego Diabetes Prevention Program Workgroup, to launch and scale up the DPP throughout San Diego County. Current major activities include:

- identifying potential providers and payers for the program;
- creating a marketing plan to encourage enrollment; and
- providing guidance on ensuring that the program reaches priority, high-risk populations such as African Americans, Hispanics/Latinos, and low-income adults.

For more information about the San Diego Diabetes Prevention Program, contact Kyra Reinhold at kyra.reinhold@sdcounty.ca.gov or visit PreventDiabetesSD.org

A program of



1. Babey SH, Wolstein J, Diamant AL, Goldstein H. Prediabetes in California: Nearly Half of California Adults on Path to Diabetes. Policy Brief UCLA Cent Health Policy Res. 2016;(PB2016-1):1-8.

CASI LA MITAD DE LOS ADULTOS DE SAN DIEGO VAN EN CAMINO A CONTRAER LA DIABETES.

ESO ES MÁS DE 1 MILLÓN DE ADULTOS, LO CUAL ES SUFICIENTE PARA LLENAR EL PARQUE PETCO 23 VECES.

Reduzca su Riesgo. Visite PrevenciónDeLaDiabetesSD.org



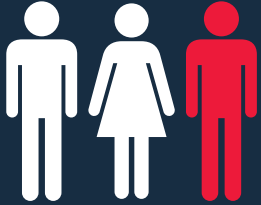
VIVE BIEN
SAN DIEGO



Hecho posible por los Centers for Disease Control and Prevention a través de la Health and Human Services Agency del Condado de San Diego.

Prevent diabetes:

The National Diabetes Prevention Program



One in three of your employees likely has prediabetes.

15% to 30% of those with pre-diabetes

will develop diabetes in three to five years if not intervened¹.

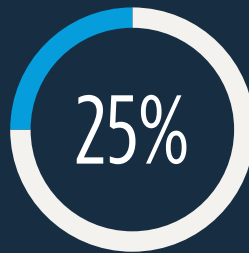
HALT THE TREND

BY COVERING THE NATIONAL DPP FOR YOUR EMPLOYEES.

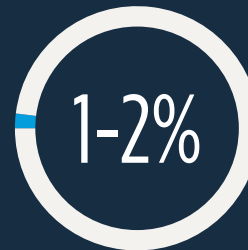
The American Medical Association and the Centers for Disease Control and Prevention (CDC) are working together to increase enrollment in the National Diabetes Prevention Program (National DPP). Offering the National DPP to 100 adults with prediabetes could potentially achieve benefits over three years (after program completion).



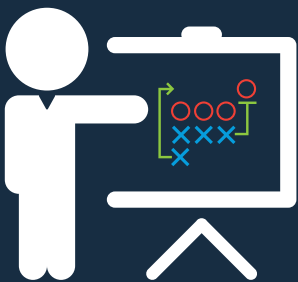
reduction in incidence of diabetes²



reduction in medication use for hypertension³



reduction in absenteeism (missed work days) and productivity loss⁴

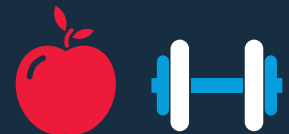


Lay and health professional lifestyle coaches teach in-person or virtual group classes.

Comprehensive program focuses on weight loss through



exercise



healthy eating and behavior modification

Identify high-risk individuals with prediabetes, outreach to eligible participant, enroll participant, sustain engagement.

Weekly sessions

Core curriculum (six months)

CDC-approved evidence-based curriculum

Maintenance (six months)

Monthly maintenance sessions



Preventing the conversion to type 2 diabetes could save \$8,000 over three years per participant⁵



Cost of the National DPP

Average of \$450 per participant for the year

Different payment options including outcomes-based milestones



Availability of the National DPP

Both in-person and virtual programs are available

Hundreds of CDC-recognized programs

Provide the National Diabetes Prevention Program as a covered benefit.

Cover the National DPP for your employees.

1. Review your health care claims data—estimate the size of your population with prediabetes to understand the potential impact of prevention.
2. Use the AMA's calculator to estimate the potential medical claims cost savings of offering the National DPP.
3. Find a National DPP provider—talk to them about options to bring the program to your employees https://nccd.cdc.gov/DDT_DPRP/Registry.aspx.
4. Talk to your insurance carrier/claims administrator about covering the program.

Join us to Prevent Diabetes STAT by visiting PreventDiabetesSTAT.org

¹ Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014. Atlanta, GA; 2014.

² Knowler WC, Barrett-Connor E, Fowler SE, et al. Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med*. 2002;346(6):393-403.

³ Ratner R, Goldberg R, Haffner S, et al. Impact of intensive lifestyle and metformin therapy on cardiovascular disease risk factors in the diabetes prevention program. *Diabetes Care*. 2005;28(4):888-894.

⁴ Dall, Timothy M., et al. Value of lifestyle intervention to prevent diabetes and sequelae. *American Journal of Preventive Medicine*. 48.3 (2015):271-280.

⁵ 2009–2012 individual level data from the Truven Health MarketScan® Lab Database—a 4.4 million subsample of the Truven Health MarketScan® Treatment Pathways. MarketScan is a registered trademark of Truven Health Analytics Inc.

NATIONAL DIABETES PREVENTION PROGRAM

WORKING
TOGETHER
TO PREVENT
TYPE 2 DIABETES



THE GROWING THREAT OF PREDIABETES

Prediabetes is identified when your blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes

86 MILLION
adults have
prediabetes



9 OUT OF 10 people with prediabetes
don't know they have it

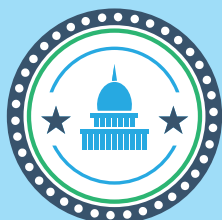


Without weight loss
and moderate
physical activity

15–30% of people with
prediabetes will
develop type 2 diabetes
within 5 years



REDUCING THE IMPACT OF DIABETES



Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP)—a public-private initiative to offer evidence-based, cost effective interventions in communities across the United States to prevent type 2 diabetes

It brings together:



to achieve a greater impact on reducing type 2 diabetes

Research shows
structured lifestyle
interventions can
cut the risk of
type 2 diabetes in

HALF



Groups in the National Diabetes Prevention Program are working to:



Build a workforce that can implement the lifestyle change program effectively



Ensure quality and standardized reporting



Deliver the lifestyle change program through organizations nationwide



Increase referrals to and participation in the lifestyle change program

A key part of the National DPP is a lifestyle change program that provides:



A TRAINED LIFESTYLE COACH



CDC-APPROVED CURRICULUM



GROUP SUPPORT OVER THE COURSE OF A YEAR

JOIN IN THIS NATIONAL EFFORT

Everyone can play a part in preventing type 2 diabetes



RAISE AWARENESS of prediabetes



SHARE INFORMATION about the National DPP



ENCOURAGE PARTICIPATION in a local lifestyle change program



PROMOTE the National DPP as a covered health benefit

Find out how to get involved with the National Diabetes Prevention Program

www.cdc.gov/diabetes/prevention

**86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.**

No one is excused from prediabetes. It's real, but it can be reversed.
Know where you stand at DoIHavePrediabetes.org, or talk to your doctor today.

DoIHavePrediabetes.org



**86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-THINKING
'BUT-PROBABLY-NOT-ME'**

No one is excused from prediabetes. It's real, but it can be reversed.
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DoIHavePrediabetes.org



**86 MILLONES
DE ESTADOUNIDENSES
INCLUSO USTED,
TIENEN PREDIABETES.
QUE-PIENSA-QUE-
‘NO-SE-REFIEREN-A-MI’.**

Sepa si está en riesgo. Visite PodriaTenerPrediabetes.org, o hable con su médico.
No hay excusas. Porque la prediabetes es reversible.

PodriaTenerPrediabetes.org



**86 MILLONES
DE ESTADOUNIDENSES
INCLUSO USTED,
TIENEN PREDIABETES.
PERSONA INCRÉDULA-A-PUNTO-
DE-VERIFICAR-ESTE-DATO.**

Sepa si está en riesgo. Visite PodriaTenerPrediabetes.org, o hable con su médico.
No hay excusas. Porque la prediabetes es reversible.

PodriaTenerPrediabetes.org



DO YOU HAVE PREDIABETES?

Prediabetes Risk Test

- 1** How old are you?
 Less than 40 years (0 points)
 40—49 years (1 point)
 50—59 years (2 points)
 60 years or older (3 points)
- 2** Are you a man or a woman?
 Man (1 point) Woman (0 points)
- 3** If you are a woman, have you ever been diagnosed with gestational diabetes?
 Yes (1 point) No (0 points)
- 4** Do you have a mother, father, sister, or brother with diabetes?
 Yes (1 point) No (0 points)
- 5** Have you ever been diagnosed with high blood pressure?
 Yes (1 point) No (0 points)
- 6** Are you physically active?
 Yes (0 points) No (1 point)
- 7** What is your weight status?
 (see chart at right)

Write your score
in the box.



Add up
your score.



Height	Weight (lbs.)		
4' 10"	119-142	143-190	191+
4' 11"	124-147	148-197	198+
5' 0"	128-152	153-203	204+
5' 1"	132-157	158-210	211+
5' 2"	136-163	164-217	218+
5' 3"	141-168	169-224	225+
5' 4"	145-173	174-231	232+
5' 5"	150-179	180-239	240+
5' 6"	155-185	186-246	247+
5' 7"	159-190	191-254	255+
5' 8"	164-196	197-261	262+
5' 9"	169-202	203-269	270+
5' 10"	174-208	209-277	278+
5' 11"	179-214	215-285	286+
6' 0"	184-220	221-293	294+
6' 1"	189-226	227-301	302+
6' 2"	194-232	233-310	311+
6' 3"	200-239	240-318	319+
6' 4"	205-245	246-327	328+
	(1 Point)	(2 Points)	(3 Points)
You weigh less than the amount in the left column (0 points)			

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009.
 Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher:

You're likely to have prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes or prediabetes (a condition that precedes type 2 diabetes in which blood glucose levels are higher than normal). Talk to your doctor to see if additional testing is needed.

Type 2 diabetes is more common in African Americans, Hispanic/Latinos, American Indians, Asian Americans and Pacific Islanders.

Higher body weights increase diabetes risk for everyone. Asian Americans are at increased diabetes risk at lower body weights than the rest of the general public (about 15 pounds lower).

LOWER YOUR RISK

Here's the good news: it is possible with small steps to reverse prediabetes - and these measures can help you live a longer and healthier life.

If you are at high risk, the best thing to do is contact your doctor to see if additional testing is needed.

Visit DoIHavePrediabetes.org for more information on how to make small lifestyle changes to help lower your risk.

For more information, visit us at

DoIHavePrediabetes.org

