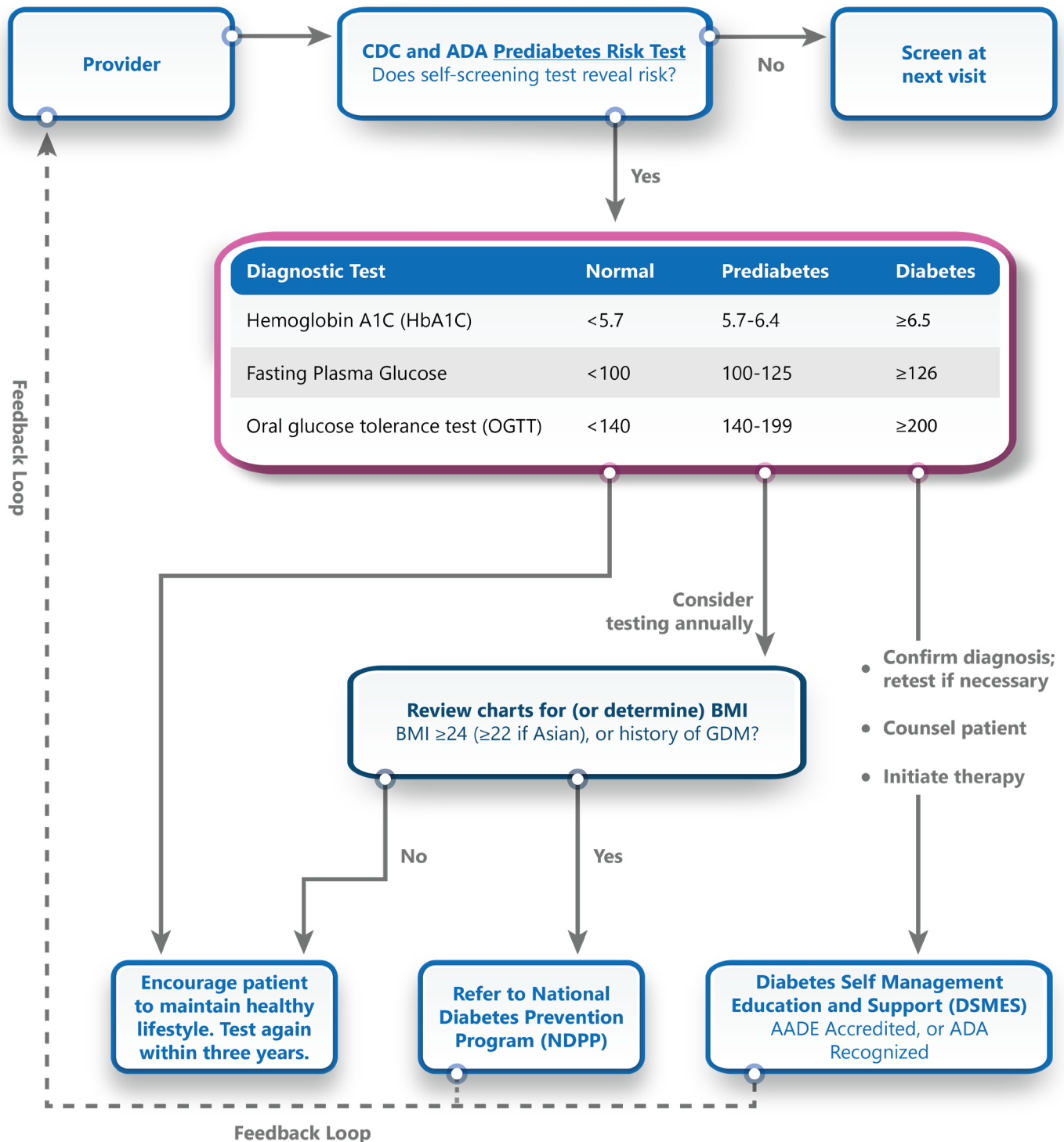


# Prediabetes and Diabetes

## Referral Flow Chart



Preventing Type 2 Diabetes: A Guide to Refer Your Patients with Prediabetes to an Evidence-based Diabetes Prevention Program. American Medical Association. (2015). Retrieved from: <https://assets.ama-assn.org/sub/prevent-diabetes-stat/downloads/AMA-CDC-DPP-Guide-STAT.pdf>

# Prediabetes and Diabetes Resources

## National Diabetes Prevention Program

The National Diabetes Prevention Program (NDPP) is an evidence-based, lifestyle change program for preventing type 2 diabetes among people with prediabetes or at high risk for diabetes. The goals of NDPP are to lose 5 to 7% body weight and to increase physical activity 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 class location for more information.

### National Diabetes Prevention Program – Find a DPP Class Location Near You

[https://nccd.cdc.gov/DDT\\_DPRP/Programs.aspx](https://nccd.cdc.gov/DDT_DPRP/Programs.aspx)

### CDC and ADA Prediabetes Risk Test:

<https://www.cdc.gov/diabetes/prevention/pdf/Prediabetes-Risk-Test-Final.pdf>

**Information for Health Care Professionals:** <https://www.cdc.gov/diabetes/prevention/info-hcp.html>

## Diabetes Self-Management Education and Support (DSMES)

Diabetes Self-Management Education and Support (DSMES) 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 DSMES 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 Care & Education Specialists -accredited programs) and other third-party payers.

### Association of Diabetes Care & Education Specialists

<https://www.diabeteseducator.org/living-with-diabetes/find-an-education-program>

### American Diabetes Association – Find your local Education Recognition Program (ERP)

[https://professional.diabetes.org/erp\\_list\\_zip](https://professional.diabetes.org/erp_list_zip)

### Information for Health Care Professionals

<https://www.cdc.gov/diabetes/prevention/info-hcp.html>

## Other Community-based Lifestyle Change Programs

YMCAs offer DPP-like programs, as well as other evidence based chronic disease prevention and management programs.

### Evidence-Based Leadership Council – Find programs and workshops searchable by state/zip

<http://www.eblcprograms.org/evidence-based/map-of-programs/>

**Locator website:** <https://www.ymca.net/find-your-y/>