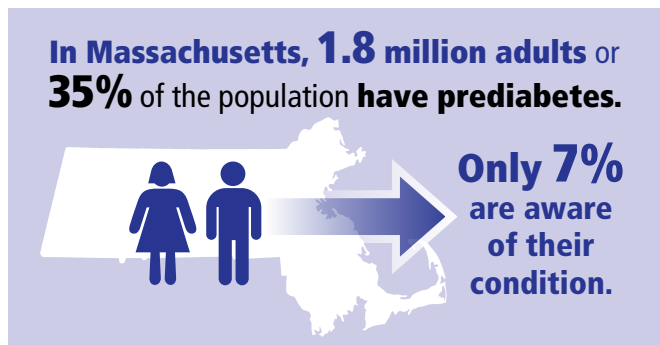
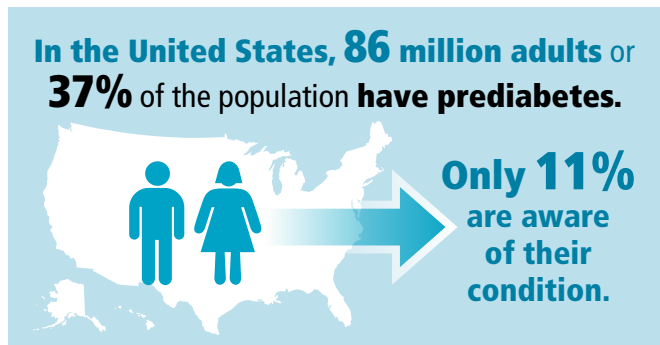


# Prediabetes: Screen, Test, Act Today

## PREDIABETES

### Definition, Prevalence and Risk Factors

- Prediabetes is a condition in which an individual's blood glucose levels are higher than normal but not high enough to be classified as type 2 diabetes.
  - **Fasting blood glucose:** 100-125 mg/dL
  - **Oral Glucose Tolerance Test:** 140-199 mg/dL
  - **HbA1c:** 5.7 - 6.4%
- The three primary risk factors for diabetes include:
  - **Being overweight**
  - **Over the age of 45**
  - **Family history of diabetes**
- Without making the lifestyle changes noted below, **11%** of adults with prediabetes will develop type 2 diabetes within **3 years**; **15-30%** will go on to develop type 2 diabetes within **5 years**:
  - **Improvements in diet**
  - **Increased physical activity**
  - **Smoking cessation**
  - **Stress reduction**



### Screening and Diagnosis

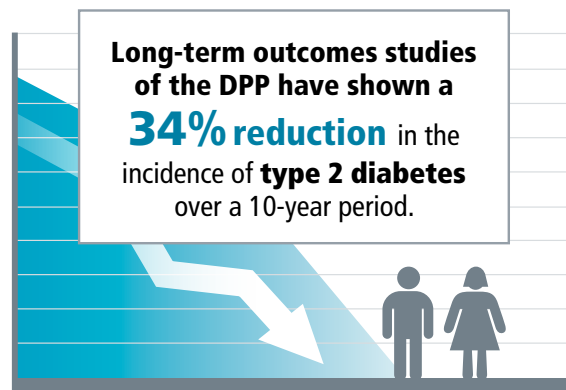
- Medical providers can conduct clinical screenings that effectively detect prediabetes such as **fasting plasma glucose (FPG)**, **Hemoglobin A1c (HbA1c)**, and/or **oral glucose tolerance testing (OGTT)**, especially in people with BMI levels denoting overweight/obese (**BMI  $\geq$  25kg/m<sup>2</sup>; if Asian, BMI  $\geq$  23kg/m<sup>2</sup>**).
- Non-clinical screening tools, based on self-identified risk assessments, have been promoted and made available through the National Diabetes Prevention Program (<http://www.cdc.gov/diabetes/prevention/pdf/prediabetestest.pdf>).
- The ICD-10 includes a more prevalent billable code (R73.09) that can be used to indicate a diagnosis of prediabetes (or other abnormal glucose). This new code is expected to make it easier for providers and health plans to identify patients with prediabetes and intervene to improve health status over time.

## Costs

- It is estimated that in the U.S., \$44 billion is attributed to medical expenses for prediabetes.
- Prediabetes and lifestyle change interventions could potentially save the U.S. \$539 billion in medical costs and create \$992 billion in non-medical benefits by extending years of employment for affected individuals over a 10-year period. Such dramatic savings highlight the need to make the promotion of prediabetes awareness, screening, and lifestyle change a priority on the state and national levels.

## DIABETES PREVENTION PROGRAM

- Developed by the CDC, the **Diabetes Prevention Program (DPP)** is an evidence-based intervention for preventing type 2 diabetes. DPP is a year-long program where people with prediabetes learn to make sustainable lifestyle changes. It has been shown to reduce the risk of developing type 2 diabetes by **58% (70% for adults over 60)**.
- DPP is delivered by trained and certified lifestyle coaches at local YMCAs, health care facilities, and other community settings throughout the U.S. Organizations offering DPP are formally recognized by the CDC.
- In July of 2015, the national Community Preventive Services Task Force published a recommendation statement (<http://www.thecommunityguide.org/diabetes/combineddietandpa.html>) supporting the use of combined diet and physical activity promotion programs to deter progression to type 2 diabetes in individuals at increased risk.
- "Prevent Diabetes STAT" (<http://www.cdc.gov/media/releases/2015/p0311-diabetes-STAT.html>), a tool kit jointly produced by the CDC and AMA, connects health care providers and individuals with screening, testing, and referral information for DPPs. This site also provides recommendations to employers, insurers, community-based organizations, health systems, and medical associations about how to prevent diabetes.
- A new CPT code (0403T), available as of January 2016, can be used for the purpose of reporting provision of services in a diabetes prevention program.
- **CME Credit:** AMA offers 1.0 CME credit to help providers identify and prevent the onset of type 2 diabetes. Learn more at [www.stepsforward.org/modules/prevent-type-2-diabetes](http://www.stepsforward.org/modules/prevent-type-2-diabetes).



### SCREEN:



Incorporate routine screening for prediabetes among your patients using the CDC risk test

### TEST:



Order one of the three blood tests to confirm diagnoses of prediabetes among your patients  
Use new ICD-10 code for diagnosis of prediabetes

### ACT TODAY:



Become familiar with the DPPs in your region and refer your eligible patients  
Talk to your payers about whether the DPP is, or can be, a covered benefit for your patients