

DIABETESFREE NC

Reducing the risk of type 2 diabetes for North Carolinians

What is Prediabetes?

Prediabetes is a condition whereby people have higher than normal blood glucose (sugar) levels, but not yet high enough to be diagnosed as diabetes.



Cost of Diabetes



TOTAL MEDICAL COST IN
LOST WORK AND WAGES FOR
PEOPLE WITH DIABETES



EMPLOYEES WITH DIABETES
COST EMPLOYERS \$7,500
MORE ANNUALLY

Cost of Diabetes

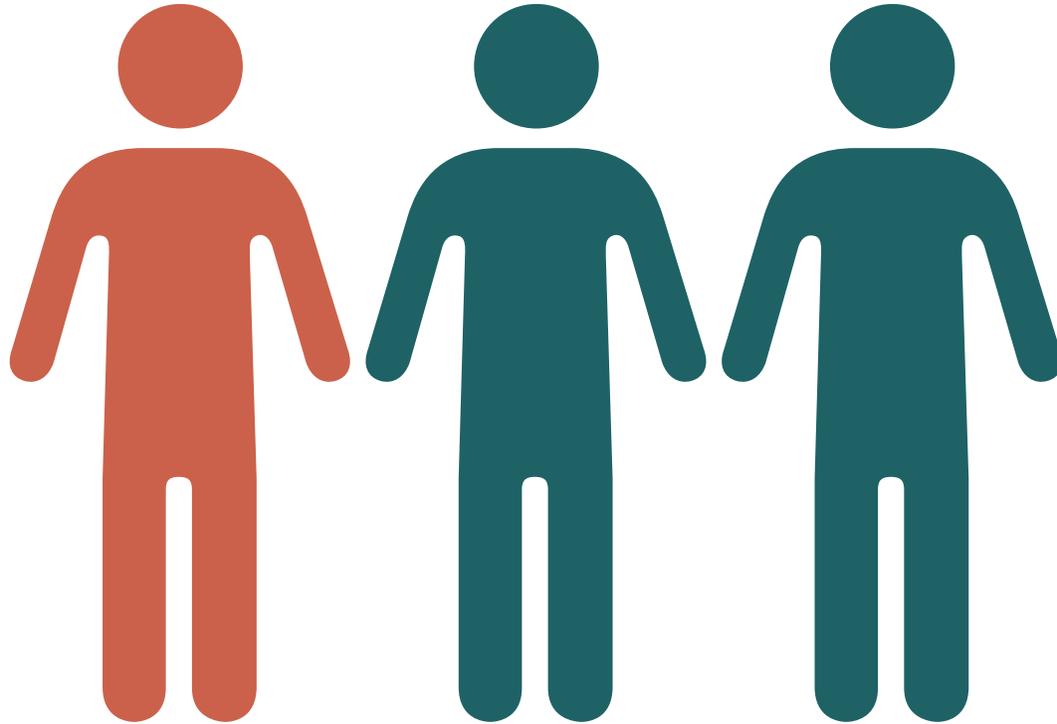


NEW CASES
OF TYPE 2 DIABETES
EVERY YEAR IN NC



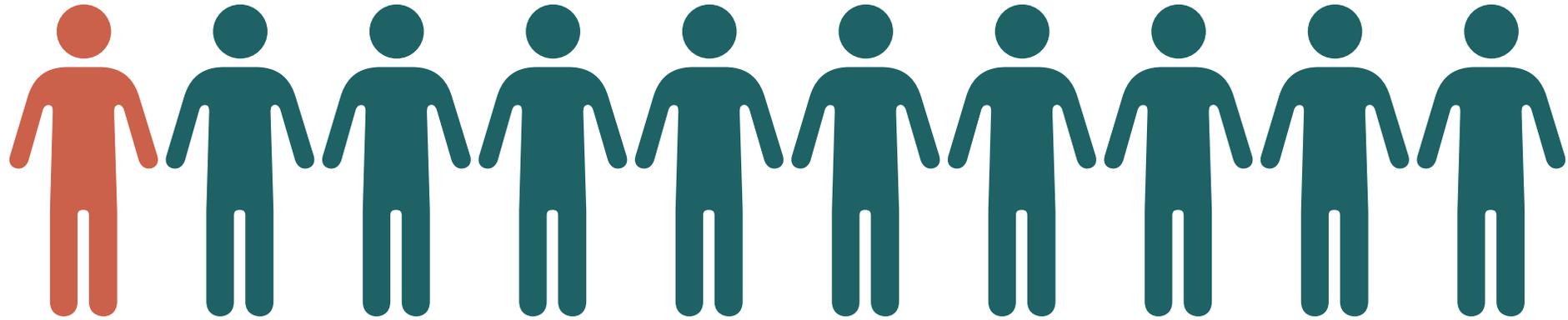
ADDITIONAL MEDICAL COST
PER YEAR PER PERSON
WITH DIABETES

Prediabetes



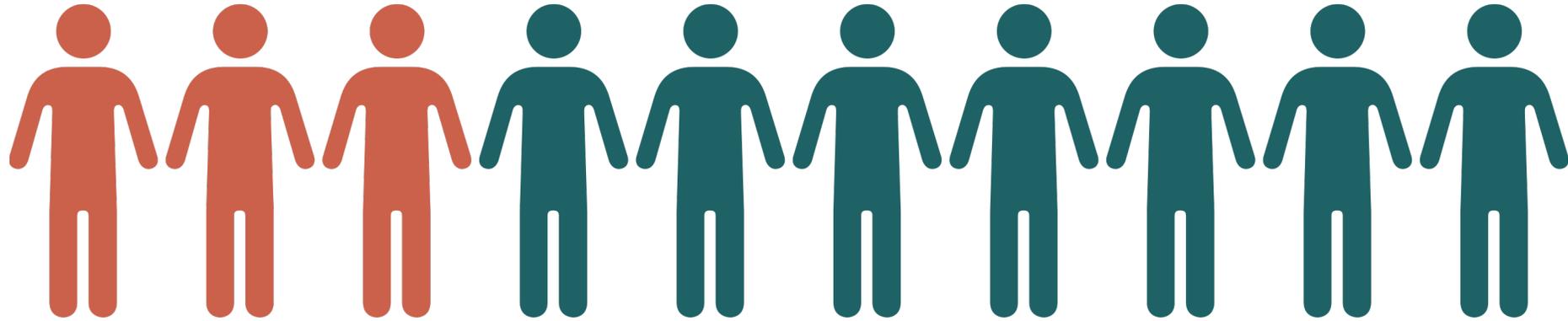
1 out of 3
adults has
prediabetes.

Prediabetes



Only about **1 out of every 10 adults** with prediabetes is aware of their condition.

Prediabetes



Without intervention, **up to 30%** of people with prediabetes will develop type 2 diabetes within 5 years.

Prevention



A structured lifestyle change program can help cut the risk for developing type 2 diabetes by **58%** for people with prediabetes.

National Diabetes Prevention Program



A trained
lifestyle
coach



CDC-approved
curriculum



Group
support

National Diabetes Prevention Program



Eat healthy



Incorporate
physical activity
into daily routine



Manage stress



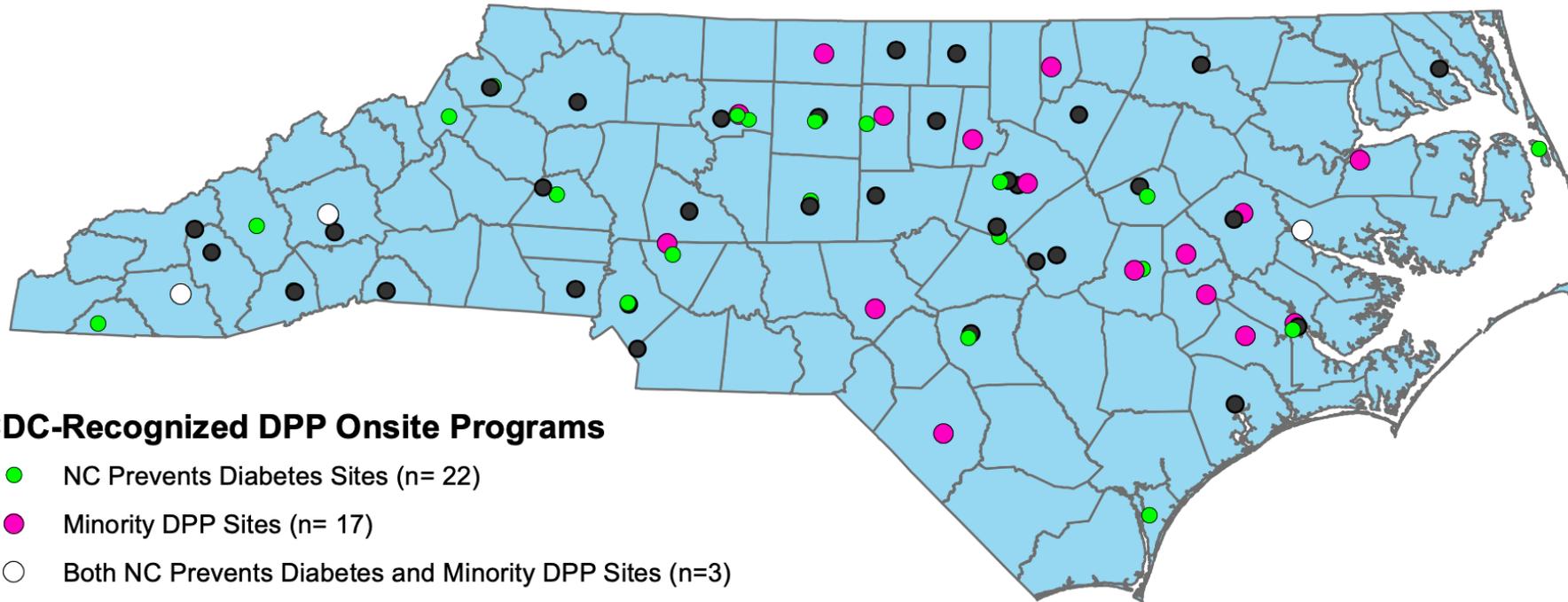
Solve problems
that get in the way
of healthy changes

DiabetesFreeNC



Connecting North Carolinians at risk for type 2 diabetes or diagnosed with prediabetes to a Diabetes Prevention Program (DPP).

North Carolina DPP Landscape



CDC-Recognized DPP Onsite Programs

- NC Prevents Diabetes Sites (n= 22)
- Minority DPP Sites (n= 17)
- Both NC Prevents Diabetes and Minority DPP Sites (n=3)
- Other Sites (n=35)

CDC-Recognized DPP Online Programs

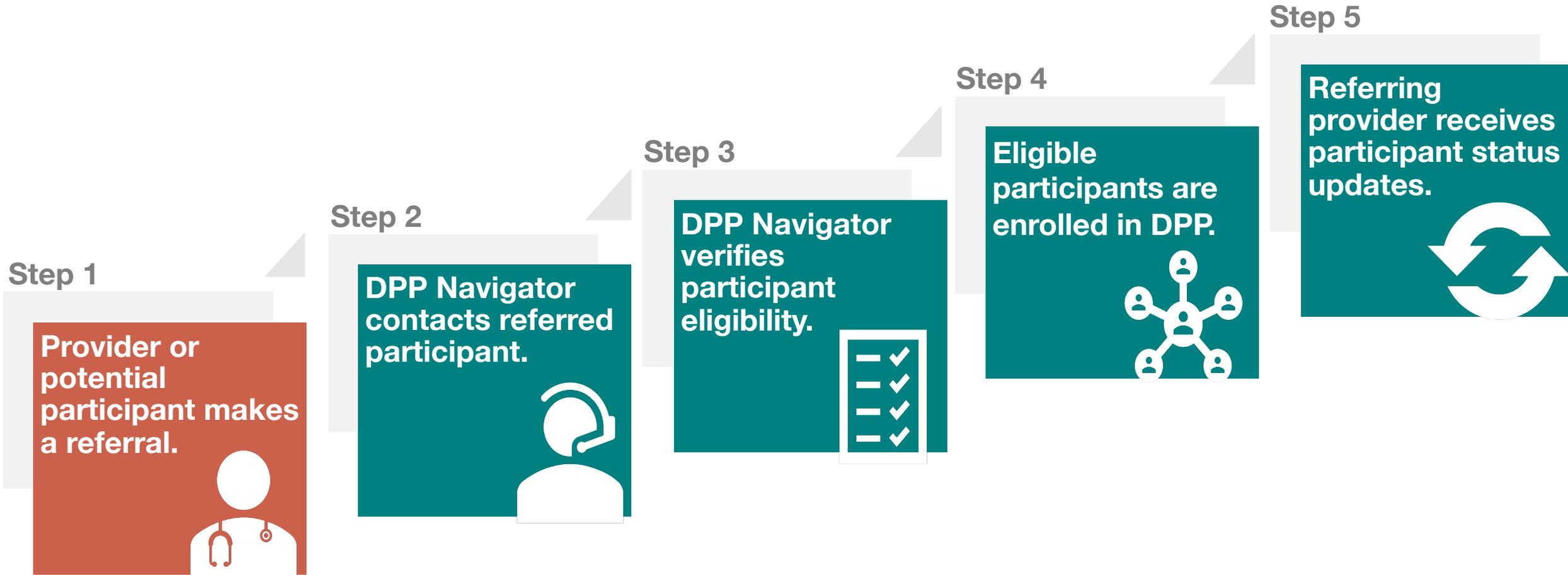
- Eat Smart, Move More, Prevent Diabetes and Betr Health

DiabetesFreeNC Partners

American Heart Association
American Medical Association
Balm in Gilead
BlueCross BlueShield of North Carolina
Centers for Disease Control and Prevention
Duke University
ECU Brody School of Medicine
LabCorp
NC Academy of Family Physicians
NC Alliance of YMCAs
NC Community Health Center Association
NC Department of Health and Human Services
NC Diabetes Advisory Council

NC Division of Aging and Adult Services
NC Division of Public Health
NC Healthcare Association
NC Medicaid
NC Medical Society
NC Office of Minority Health
NC Office of Rural Health
NC State Health Plan
NC State University
UNC Asheville
UNC Gillings School of Public Health
UNC School of Medicine
UnitedHealthcare
Wake Forest University Baptist Medical Center

DiabetesFreeNC DPP Referral Process





Step 1: Provider makes a participant referral

DIABETESFREE NC

Diabetes Prevention Program Referral Form

 **Questions**
Visit DiabetesFreeNC.com
or call 844-328-0021

1 CLIENT INFORMATION

Client Name _____ Date of Birth _____ Phone _____

Street _____ City, State _____ Zip _____ Email (optional) _____

Gender Male Female Language Preference English Spanish

2 ELIGIBILITY

Must meet ALL of the following:

- 18 or older
- BMI of 25 or higher (23 or higher if Asian)
- Not diagnosed with diabetes (Type 1 or 2)
- Not pregnant

3 VERIFICATION (Please include documentation.)

Must meet at least ONE of the following:

- Previous Gestational Diabetes diagnosis
- Prediabetes Risk Test score of 5 or higher (see reverse side and note score here _____)
- Positive Blood Test within the past year*
 - Fasting Blood Glucose (100-125 mg/dL)
 - Two-hour OGTT (140-199 mg/dL)
 - HbA1c (5.7-6.4%)

Lab Value _____ Date _____

4 PROVIDER INFORMATION (Email or fax is required for bi-directional feedback.)

Provider Name _____ Email or Fax _____ Phone _____

Practice Name _____ Address _____

5 PROVIDER SIGNATURE

Signature _____ Date _____

6 SUBMIT

Submit your form by using ONE of the following:

Fax 866-336-2329
Email DPReferral@dhhs.nc.gov
Refer via NCCARE360.org

Thank you for your commitment to a Diabetes Free NC!
Every referral you make may prevent a future diabetes diagnosis.



866-366-2329



dppreferral@dhhs.nc.gov

or



NCCARE360.org



Step 1: Participant makes a self-referral



844-328-0021

Reserve your spot today by calling the DPP Navigator

DIABETESFREE NC Toolkit

DIABETESFREE NC



Your Healthier Future Starts Here

Join a community of friends and neighbors who are building healthy lives.

Our Diabetes Prevention Program will help you



Nourish

Eat foods you & your body will love.



Move

Be physically active in free & easy ways.



De-stress

Find balance when life gets hectic.



Reset

Get back on track after setbacks.

Designed to help you succeed



Free

Free and low-cost options are available.



Powerful

Small steps make big changes.



Convenient

Meet close to home or online.



Guided

Each group is led by a lifestyle coach.

90% of people with prediabetes don't know they have it.

Call our expert Diabetes Prevention Program navigators to see if you're at risk.



Call 844-328-0021 to save your spot.

Mon-Fri, 7am to 7pm ET

DiabetesFreeNC.com

DIABETESFREE NC

Your Healthier Future Starts Here

Join a community of friends and neighbors who are building healthy lives.

Our Diabetes Prevention Program will help you

- Nourish** Eat foods you & your body will love.
- Move** Be physically active in free & easy ways.
- De-stress** Find balance when life gets hectic.
- Reset** Get back on track after setbacks.

DIABETESFREE NC

Diabetes Prevention Program Referral

This is your path to a diabetes-free future.

I'm referring you to a Diabetes Prevention Program, a proven and effective way to cut your risk.

You're lucky. We caught this early and it can often be reversed.

90% of people with prediabetes don't know they have it.

Call our expert Diabetes Prevention Program navigators to see if you're at risk.

- Free** Free and low-cost options are available.
- Convenient** Meet close to home or online.

DIABETESFREE NC

Diabetes Prevention Program Referral

This proven, evidence-based program will help you

- Nourish** Eat foods you & your body will love.
- Move** Be physically active in free & easy ways.
- De-stress** Find balance when life gets hectic.
- Reset** Get back on track after setbacks.

Designed to help you succeed

- Free** Free and low-cost options are available.
- Powerful** Small steps make big changes.
- Convenient** Meet close to home or online.
- Guided** Each group is led by a lifestyle coach.

Let's get this on your calendar. When can you call?

Date: _____

Call 844-328-0021
Mon-Fri, 7am to 7pm ET
DiabetesFreeNC.com
An expert Diabetes Prevention Program navigator will guide you every step of the way.

DIABETESFREE NC

1 in 3 North Carolinians has prediabetes but 90% don't know it

Learn about Diabetes Prevention Programs, including free or low-cost options

Call 844-328-0021
DiabetesFreeNC.com

DIABETESFREE NC

Diabetes Prevention Program Referral Form

1 CLIENT INFORMATION

Client Name _____ Date of Birth _____ Phone _____

Street _____ City, State _____ Zip _____ Email (optional) _____

Gender Male Female Language Preference English Spanish

2 ELIGIBILITY

Must meet ALL of the following:

- 18 or older
- BMI of 25 or higher (23 or higher if Asian)
- Not diagnosed with diabetes (Type 1 or 2)
- Not pregnant

3 VERIFICATION (Please include documentation.)

Must meet at least ONE of the following:

- Previous Gestational Diabetes diagnosis
- Prediabetes Risk Test score of 5 or higher (see reverse side and note score here _____)
- Positive Blood Test within the past year*
 - * Fasting Blood Glucose (100-125 mg/dL)
 - * HbA1c (5.7-6.4%)
 - * Two-hour OGTT (140-199 mg/dL)

Lab Value _____ Date _____

4 PROVIDER INFORMATION (Email or fax is required for bi-directional feedback.)

Provider Name _____ Email or Fax _____ Phone _____

Practice Name _____

5 PROVIDER SIGNATURE

Signature _____

Prediabetes Risk Test

1. How old are you?

Write your score in the boxes below:

Younger 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 category?

(See chart at right)

1 Point 2 Points 3 Points

Total score: _____

Height Weight (lbs)

Height	110-142	143-190	191+
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"	164-199	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	240-319	319+
6'4"	205-245	248-327	328+

1 Point 2 Points 3 Points

You weigh less than the 1 Point column (0 points)

3 Points

Adapted from Bang, et al. *Ann Intern Med* 111:175-183, 2009. Original copyright was retained and all rights reserved as part of the result.

3 Points

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed. Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, Asian Americans, and Pacific Islanders. Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

American Diabetes Association **CDC**

Available now at DiabetesFreeNC.com



Step 2: DPP Navigator contacts referred participant



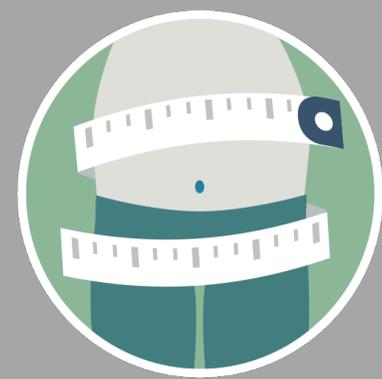


Step 3: DPP Navigator verifies participant eligibility



18 YEARS
AND OLDER

AND



OVERWEIGHT

AND



DIAGNOSED
WITH PREDIABETES

OR



PREVIOUSLY
DIAGNOSED WITH
GESTATIONAL
DIABETES



Step 3: DPP Navigator verifies participant eligibility

Previous Gestational Diabetes diagnosis

or

Prediabetes Risk Test score of 5 or higher

or

Positive blood test within the past year

- Fasting blood glucose (100-125 mg/dL)
- Two-hour oral glucose tolerance test (140-199 mg/dL)
- HbA1c (5.7-6.4%)

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

1. How old are you?

Younger than 40 years (0 points) _____

40-49 years (1 point) _____

50-59 years (2 points) _____

60 years or older (3 points) _____

Write your score in the boxes below

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 category?

(See chart at right) _____

Total 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 1 Point 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 are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

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

Higher body weight increases diabetes risk for everyone. Asian Americans are at increased risk for type 2 diabetes at lower weights (about 15 pounds lower than weights in the 1 Point column).

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.





Step 4: Eligible participants are enrolled in a DPP



Participant Guide

Introduction to the Program



Ways to Get Active

There are so many great ways to get active. You're sure to find at least one that you enjoy. Here are just a few ideas.

- After you read six pages of a book, get up and move a little. Dance to your favorite music.
- Pace the sidelines at your children's or grandchildren's sports events.
- Play actively with your children or pets for 15 to 30 minutes each day.
- Replace Sunday drives with Sunday walks.
- Run or walk fast when you do errands.
- Start a new active hobby, such as biking or hiking.
- Take a walk after dinner with your family or by yourself.
- Track your steps with a pedometer. Work up to 10,000 steps or more a day.
- Talk around whenever you talk on the phone.
- Walk briskly when you shop.
- Walk up and down escalators instead of just riding them.
- Walk your dog each day.
- When you watch TV, stand up and move during the ads, or go to the store.

Do you plan to get active?

Source: American College of Sports Medicine (<https://www.acsm.org/docs/brochures/reducing-sedentary-behaviors-sitting-less-and-moving-more.pdf>) and Heart Foundation (<https://heartfoundation.org.au/images/uploads/publications/PA-Sitting-Less-Adults.pdf>)



Guía del participante

Introducción al programa



Registre su actividad física

	Mis Opciones
Alimentos que no son saludables y con pocas vitaminas, tales como los helados	<input type="checkbox"/>
	<input type="checkbox"/>

¿Cuánto tiempo, es decir, cuántos minutos al día?

(podómetro).

¿Cómo se hace?
Caminadora.
Teléfono o computadora.

¿Cuándo y cómo usted hace?



Una forma sencilla es usar la hoja de registro de actividad física del programa.

Step 5: Referring provider receives updates

DPP Navigator reports **enrollment** and **completion** status of participant to the referring provider



866-366-2329



dppreferral@dhhs.nc.gov

or



NCCARE360.org



DPP Navigator Benefits



Real-time, live interaction with a DPP Navigator



DPP lifestyle coach connections



Bidirectional feedback for referring providers



Eliminate the barrier of searching for a DPP

DIABETESFREE NC

Reducing the risk of type 2 diabetes for North Carolinians