

# Diabetes Prevention and Management

## THE NEBRASKA HEALTH CARE PROVIDER TOOLKIT

According to the Centers for Disease Control and Prevention (CDC), approximately 131,000 Nebraskans surveyed in 2015 report having been diagnosed with diabetes (HbA1c 6.5 percent or higher), and one in three adults is estimated to have prediabetes (HbA1c 5.7 to 6.4 percent). This toolkit has been designed to help medical providers navigate the standard of care for diabetes prevention and management. **See a list of prediabetes and diabetes billing codes at:** <https://assets.ama-assn.org/sub/prevent-diabetes-stat/downloads/commonly-used-cpt-icd-codes.pdf>

### National Diabetes Prevention Program (National DPP) For people with prediabetes (HbA1c 5.7 to 6.4 percent)

National DPP is a year-long program approved by the CDC. These programs are based on research showing that a year-long structured lifestyle change intervention reduced the incidence of diabetes by 58 percent among adults with prediabetes and 71 percent in those aged 60 years or older. Participants meet with a trained lifestyle coach in a small group setting in order to work towards and achieve two main goals of the program: (1) lose 5 – 7% of their body weight, and (2) increase their physical activity level to 150 minutes per week.

- Must be at least 18 years old **AND**
- Be overweight (BMI >24; > 22 if Asian) **AND**
- Have no previous diagnosis of diabetes **AND**
- A score of 5 or greater on the American Diabetes Association Diabetes Risk Test (next page), **OR**
- Have a blood test result within the past year of:
  - Hemoglobin A1c; 5.7 to 6.4 percent, **OR**
  - Fasting plasma glucose: 100-125 mg/dL, **OR**
  - Two-hour plasma glucose (after a 75 gm glucose load): 140-199 mg/dl **OR**
- Previous diagnosis of gestational diabetes.

The CDC regulates the training and recognition for the program. To receive full recognition, attendance, weight loss and activity standards must be met.

#### Coverage:

Currently there is no coverage for National DPP in Nebraska. Medicare has announced that they will be covering National DPP if provided by a recognized provider in 2018. Classes range in price from free to \$500 for the full year. Several businesses are starting to offer coverage of this program for employees. There are more than 30 pending and fully recognized programs throughout Nebraska as well as online programs throughout the nation. For a complete list of Nebraska National DPP providers, go to [www.partnersnhealth.org](http://www.partnersnhealth.org). **For a list of CDC-registered diabetes prevention programs, visit:** [nccd.cdc.gov/DDT\\_DPRP/Registry.aspx?STATE=NE](http://nccd.cdc.gov/DDT_DPRP/Registry.aspx?STATE=NE)

### Diabetes Self-Management Education (DSME) For people with diagnosed diabetes (HbA1c 6.5 percent or higher)

Currently there are 56 health care facilities throughout Nebraska that have met the National Standards for Diabetes Self-Management Education. DSME programs are regulated by the AADE and ADA. The standards for recognition identify seven areas that are essential for successful management of diabetes. Those seven areas include:

- Healthy Eating
- Being Active
- Monitoring
- Taking Medication
- Problem Solving
- Healthy Coping
- Reducing Risk

All recognized providers must also build in additional standards such as completion of a patient assessment, behavior management plan, follow-up assessment, oversight of an advisory council, qualified personnel and oversight by a program coordinator. Programs that meet this standard are typically eligible to bill insurance providers for services once a contract has been established with the payer.

#### Coverage:

Most private health plans cover services such as group education and one-on-one consultation by licensed medical nutrition therapists. Medicare offers two hours of coverage a year. Medicaid is not currently covering any DSME. Most low-income and Medicaid-eligible patients are provided care at Federally Qualified Health Centers or community service programs. For a complete list of Nebraska DSME providers go to [www.partnersnhealth.org](http://www.partnersnhealth.org).

# Risk Assessment

## ARE YOU AT RISK FOR TYPE 2 DIABETES?

### 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)

Write your score in the box.




### 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)

Height	Weight (lbs.)		
	(1 Point)	(2 Points)	(3 Points)
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)

### If you scored a 5 or higher:

You are at increased risk for having 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.

Add up your score.




### Lower Your Risk

The good news is that you can manage your risk for type 2 diabetes. Small steps make a big difference and can help you live a longer, healthier life. If you are at high risk, your first step is to see your doctor to see if additional testing is needed. Visit [diabetes.org](http://diabetes.org) or call 1-800-DIABETES for information, tips on getting started, and ideas for simple, small steps you can take to help lower your risk.

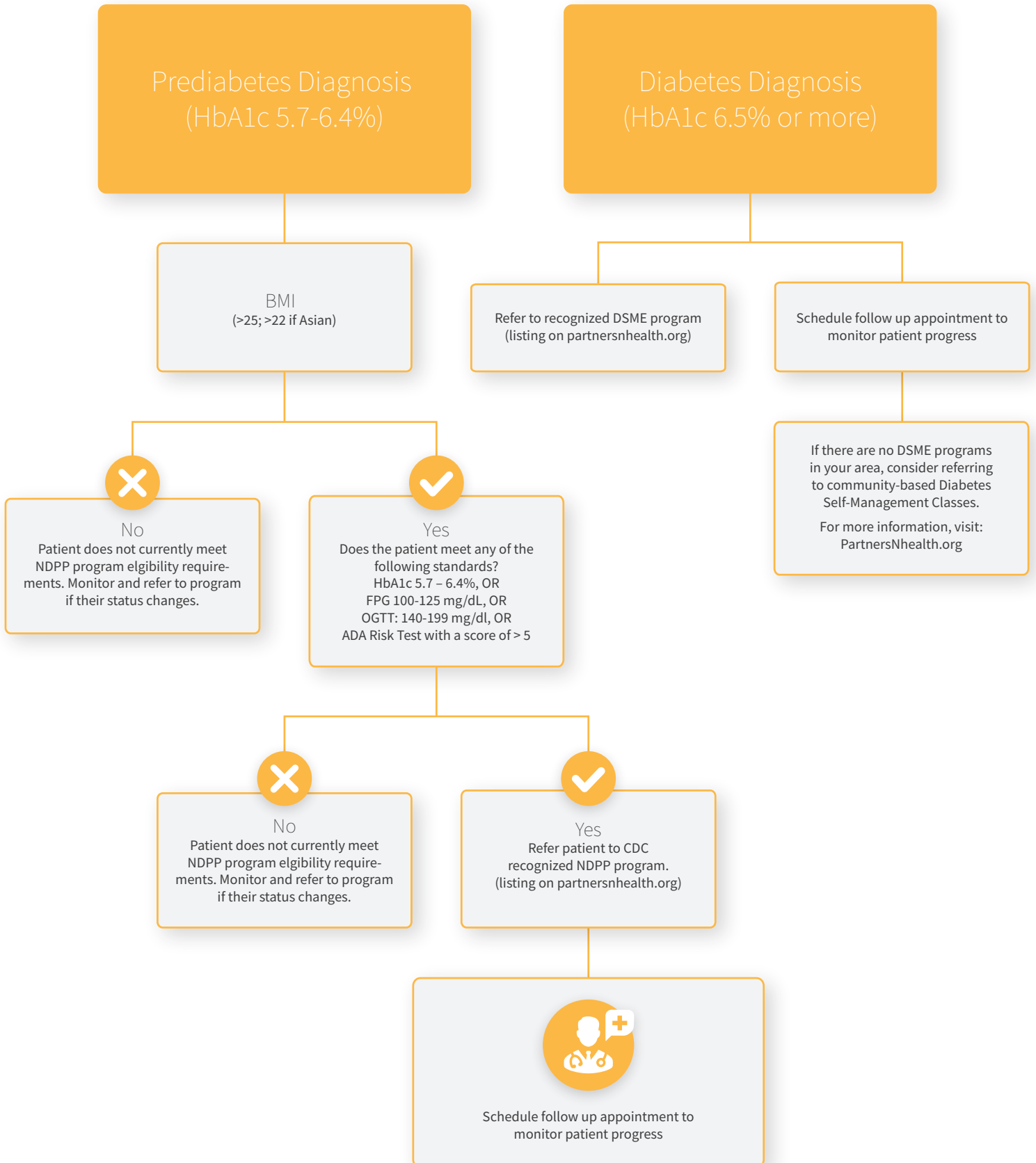
Type 2 diabetes is more common in African Americans, Hispanics/Latinos, American Indians, and Asian Americans and Pacific Islanders.

For more information, visit [www.diabetes.org](http://www.diabetes.org) or call 1-800-DIABETES





# Diagnosis and Treatment Flow Chart







## Sample Letter to Patients

/ IDENTIFIED WITH PREDIABETES OR DIABETES

<<DATE>>

<<PATIENT NAME>>

<<PATIENT ADDRESS>>

Dear Mr./Ms.> <<PATIENT LAST NAME>>,

Thank you for being a patient of the <<PRACTICE NAME HERE>>. We are writing to tell you about a service to help improve your health.

Based on our review of your medical records, you have a condition known as <<PREDIABETES/DIABETES>>.

<<PATIENTS WITH PREDIABETES >> That means your blood sugar is higher than normal which increases your risk for developing serious health problems including Type 2 diabetes, as well as heart disease and stroke. We have good news. You are eligible to participate in a class through our partner <<NAME PROGRAM PROVIDER>>. This program is proven to reduce your risk of developing diabetes and other health problems. We have sent a referral to << NAME PROGRAM PROVIDER>> and someone will call you to discuss the program and answer any questions you may have. Please seriously consider enrolling in this class as it is essential to reverse the risk associated with prediabetes.

<<PATIENTS WITH DIABETES>> That means your body is having difficulty using the sugar in your body for energy. Diabetes can be a difficult disease to manage and can have serious complications if not controlled. Those complications include loss of vision, amputations, complications with other diseases such as heart disease and stroke amongst other issues. The good news is that diabetes can be managed with regular medical care, proper use of medication, and changes in lifestyle. Diabetes is a complex and your dedication to learning as much as possible about your disease is critical to your quality of life. I urge you to participate in diabetes education through our partner <<NAME PROGRAM PROVIDER>>. A referral has been sent to <<NAME PROGRAM PROVIDER>> on your behalf and someone will call you to discuss their services in the near future. Of times these services are covered under your health plan. Please seriously consider enrolling in a service to better manage your diabetes.

We look forward to helping you on your health journey.

Sincerely,

<<PHYSICIAN NAME>>