



### The Diagnosis and Treatment of Pre-Diabetes

**Prevalence and Awareness:** Data from the National Health and Nutrition Examination Survey indicate an estimated 37% of adults have pre-diabetes; however, data from the Behavioral Risk Factor Surveillance System indicate that only 6.4% of Connecticut adults are aware.

**Diagnostic Criteria:** Pre-diabetes is defined as Fasting Plasma Glucose of 100-125 mg/dl, a 2 hour post 75 g oral glucose tolerance challenge of 140-199 mg/dl or a Hgb A1C of 5.7-6.4%.

**Natural History:** Absent intervention, 11% of people with pre-diabetes will progress to diabetes within three years.

**Systems to Identify and Refer at-risk Persons:** Providers can incorporate patient engagement, screening, testing and referral to a lifestyle modification program such as the Diabetes Prevention Program (DPP) into their practices. The CDC-AMA guide assists providers to institute these practices:

[http://www.cdc.gov/diabetes/prevention/pdf/STAT\\_toolkit.pdf](http://www.cdc.gov/diabetes/prevention/pdf/STAT_toolkit.pdf).

**The Diabetes Prevention Program:** The initial DPP study published in 2002 was a randomized trial involving 3234 subjects. Persons enrolled in the lifestyle modification arm decreased the risk of developing type 2 diabetes by 58% over 2.8 years compared to the control arm.

<http://www.ncbi.nlm.nih.gov/pubmed/11832527>.

There is now a fifteen year follow-up to the original DPP that found diabetes incidence was reduced 27% in the lifestyle group. [http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587\(15\)00291-0.pdf](http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587(15)00291-0.pdf)

**Programs in Connecticut:** Currently there are four YMCAs in Connecticut offering the program. These include: Wallingford at <http://www.wallingfordymca.org/>, Norwalk/Wilton at <http://wiltonymca.org/norwalk/> Danbury at <http://www.regionalymca.org/diabetes.html> and Central Connecticut Coast <http://www.cccymca.org/>

To learn more and receive 1 hr CME go to <http://www.albany.edu/sph/cphce/prediabetes.shtml> or <https://www.stepsforward.org/modules/prevent-type-2-diabetes> For more information contact [cindy.kozak@ct.gov](mailto:cindy.kozak@ct.gov).