



Oklahoma State Department of Health
Creating a State of Health

Dear Health Provider:

There are diabetes prevention programs that may assist you to improve health care outcomes. Referral of appropriate patients is encouraged by the Centers for Disease Control and Prevention (CDC) and by the American Medical Association. Please see the link to their toolkit below. The CDC National Diabetes Prevention Program has been studied for over fifteen years. Participants in this program reduce their risk for developing type 2 diabetes by 58%. Please view and feel free to share the videos below that highlight Oklahoma's prevention programs and participants.

Below are links to information about the Oklahoma National Diabetes Prevention Programs. In Oklahoma the number of programs has tripled in the last two years. The number continues to grow with the anticipated reimbursement of the program for Medicare members in April of 2018. Efforts are ongoing through the Oklahoma Diabetes Caucus to expand insurance reimbursement of this program. Historically, programs have worked with participants to make the program affordable.

To be eligible for referral, patients must:

- Be at least 18 years old and
- Be overweight (Body Mass Index (BMI) $\geq 24^*$; ≥ 22 if Asian) and
- Have a blood test result in the prediabetes range within the past year:
 - --- Hemoglobin A1C: 5.7---6.4% or
 - --- Fasting plasma glucose: 100---125 mg/dL or
 - --- Two-hour plasma glucose (after a 75 gm glucose load): 140---199 mg/dL or
- Be previously diagnosed with gestational diabetes and
- Have no previous diagnosis of diabetes
- Physicians and other health care providers should also use their independent judgment when referring to a diabetes prevention program.

Link to American Medical Association and Centers for Disease Control and Prevention Toolkit:
https://www.cdc.gov/diabetes/prevention/pdf/STAT_toolkit.pdf

Link to CDC public Oklahoma National Diabetes Prevention Programs:
https://nccd.cdc.gov/DDT_DPRP/CitiesList.aspx?STATE=OK

Link to abbreviated video message about Oklahoma National Diabetes Prevention Programs:
<https://www.youtube.com/watch?v=7NCUAYtjUnU>

Link to extended video message about Oklahoma National Diabetes Programs:
<https://www.youtube.com/watch?v=IU0Sk4v3lCc&feature=youtu.be>

Please let us know if we can be of assistance to you.

Respectively,

Rita Reeves, MBS, LBP, Diabetes Coordinator, Oklahoma State Department of Health