

DIABETES **FREE** NC

Reducing the risk of type 2 diabetes for North Carolinians

Acknowledgements

NC Diabetes Prevention Program Advisory Committee

Purpose:

To convene champions of diabetes prevention programs in North Carolina to discuss access, advocacy, and sustainability.

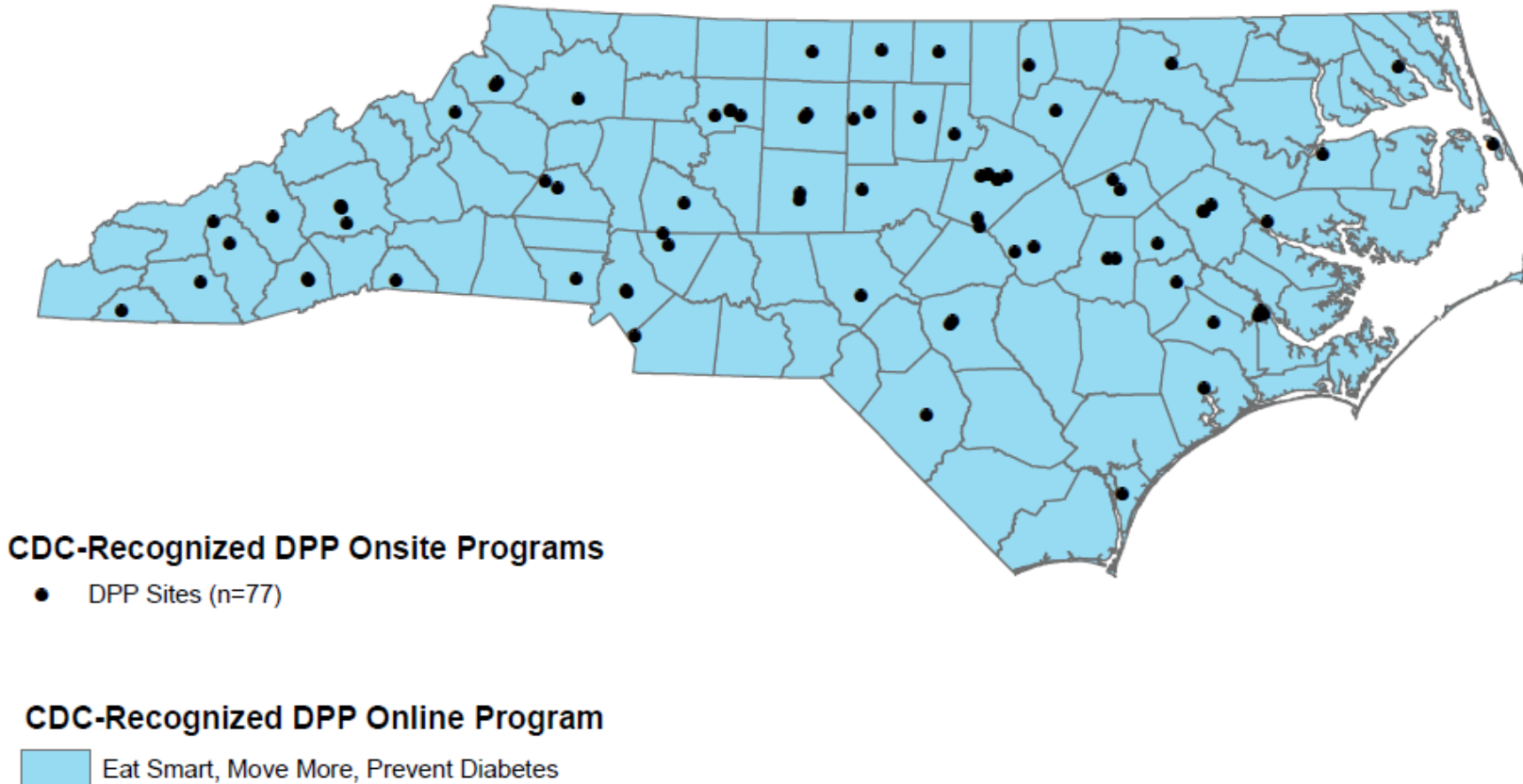
American Heart Association
American Medical Association
Balm in Gilead
BlueCross BlueShield of North Carolina
Centers for Disease Control and Prevention
Duke University
ECU Brody School of Medicine
LabCorp
NC Academy of Family Physicians
NC Alliance of YMCAs
NC Community Health Center Association
NC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

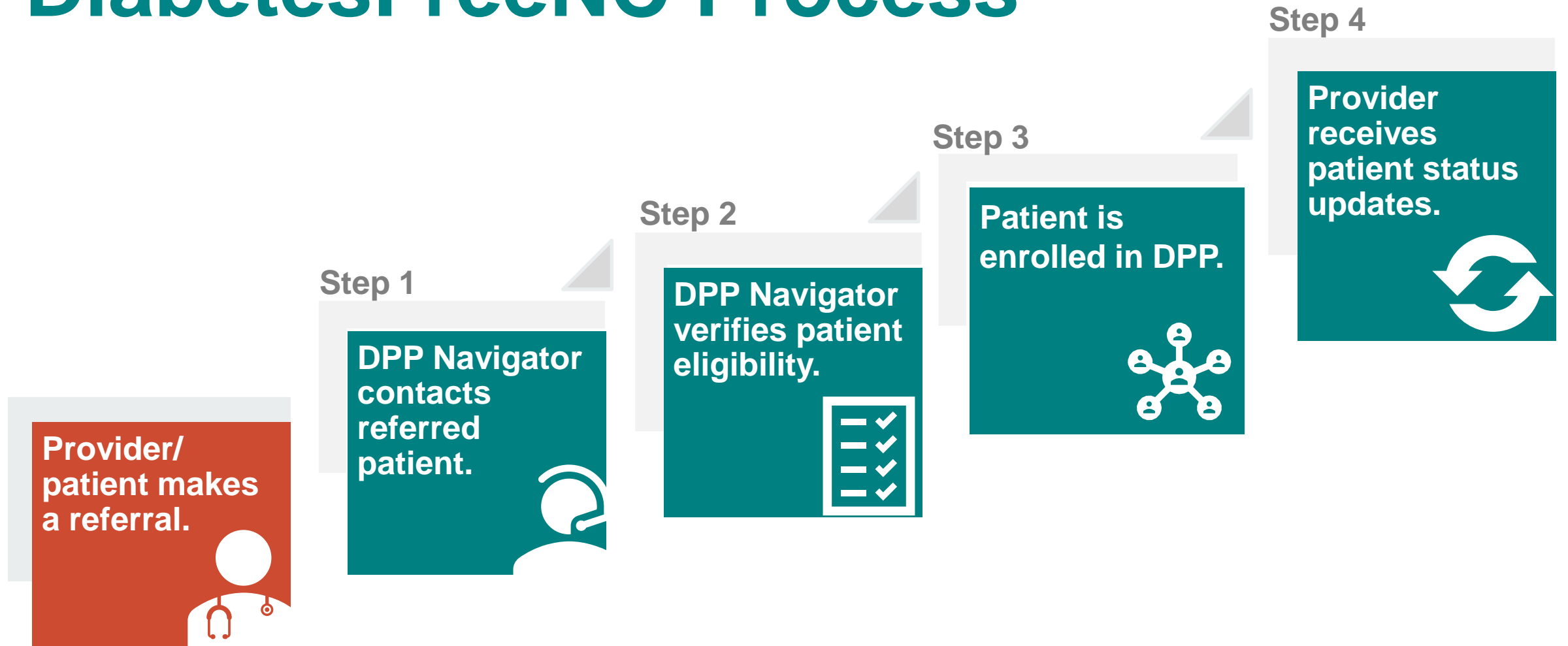
DIABETESFREE NC

Connects North Carolinians with prediabetes to a
Diabetes Prevention Program (DPP).

NC DPP Landscape



DiabetesFreeNC Process



DiabetesFreeNC Process

Provider or patient makes a referral.





Provider makes a patient 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 **3 VERIFICATION**

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

Must meet at least ONE of the following:

- Prediabetes Risk Test score of 5 or higher (see reverse and note score ____)
- Previous Gestational Diabetes diagnosis
- 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%)

4 PROVIDER INFORMATION

Provider Name _____ Email _____ Phone _____

Practice Name _____ Address _____

5 YOUR SIGNATURE **6 SUBMIT**

Signature _____ Date _____

Submit your form by using ONE of the following:

Fax 866-366-2329
Email DPPreferral@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



Patient makes a self-referral.

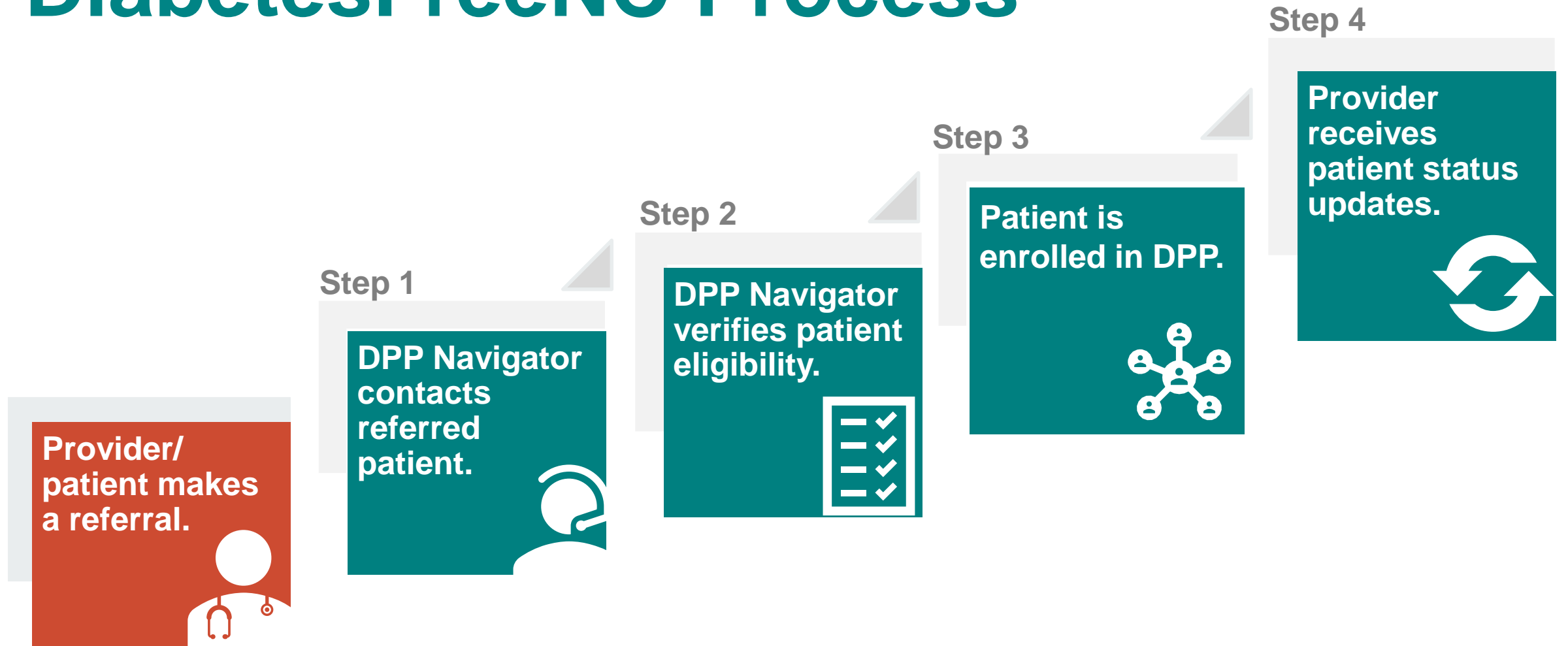


844-348-0021

Reserve your spot today by calling the Diabetes Prevention Program Navigator.

DIABETES**FREE** NC

DiabetesFreeNC Process





Step 1: DPP Navigator contacts referred patient.



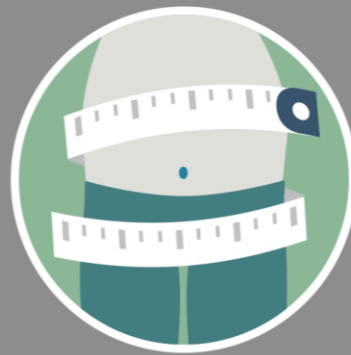


Step 2: DPP Navigator verifies patient eligibility.



18 YEARS
AND OLDER

AND



OVERWEIGHT

AND



DIAGNOSED
WITH PREDIABETES

OR



PREVIOUSLY
DIAGNOSED WITH
GESTATIONAL
DIABETES

OR



Step 2: DPP Navigator verifies patient eligibility.

Must score **five or higher** on the risk test.

Prediabetes Risk Test

NATIONAL DIABETES PREVENTION PROGRAM

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)

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+
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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)

Total score:

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.

American Diabetes Association **CDC**



Step 3: Patient is 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.

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



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



- Cuaderno.
- Grabadora de voz.
- Hoja de cálculo.
- Herramientas en su teléfono o computadora.

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

Step 4: Referring provider receives patient updates.

DPP Navigator reports **enrollment** and **completion** status 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



Eliminate the barrier of searching for a DPP



Established relationships with DPP lifestyle coaches



Bidirectional feedback for providers

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

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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.

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Designed to help you succeed

- Free** Free and low-cost options are available.
- Powerful** Small steps make big changes.
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- Guided** Each group is led by a lifestyle coach.

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

Date: _____

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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

Must meet at least ONE of the following:

- Prediabetes Risk Test score of 5 or higher (see reverse and note score _____)
- Previous Gestational Diabetes diagnosis
- 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%)

4 PROVIDER INFORMATION

Provider Name: _____ Email: _____ Phone: _____

Practice Name: _____

5 YOUR SIGNATURE

Signature: _____

Prediabetes Risk Test

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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)

Height	Weight (lbs)	Points	
4'10"	119-142	143-190	191+
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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)

Total score: _____

If you scored 5 or higher

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You can reduce your risk for type 2 diabetes

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American Diabetes Association **CDC**

Available now at DiabetesFreeNC.com

Referral Form and Risk Test

Complete and submit to the DPP navigator via email or fax.

Prediabetes Risk Test

DIABETESFREE NC

NATIONAL DIABETES PREVENTION PROGRAM

Diabetes Prevention Program Referral Form

Questions
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Two-hour OGTT (140-199 mg/dL)

HbA1c (5.7-6.4%)

4 PROVIDER INFORMATION

Provider Name _____ Email _____ Phone _____

Practice Name _____ Address _____

5 YOUR SIGNATURE

Signature _____ Date _____

6 SUBMIT

Submit your form by using ONE of the following:

Fax 866-336-2329

Email DPPreferral@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.

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

Referred Patient Handout

Give to referred patients.

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.

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

<input checked="" type="checkbox"/> Free Free and low-cost options are available.	<input checked="" type="checkbox"/> Powerful Small steps make big changes.
<input checked="" type="checkbox"/> Convenient Meet close to home or online.	<input checked="" type="checkbox"/> Guided Each group is led by a lifestyle coach.

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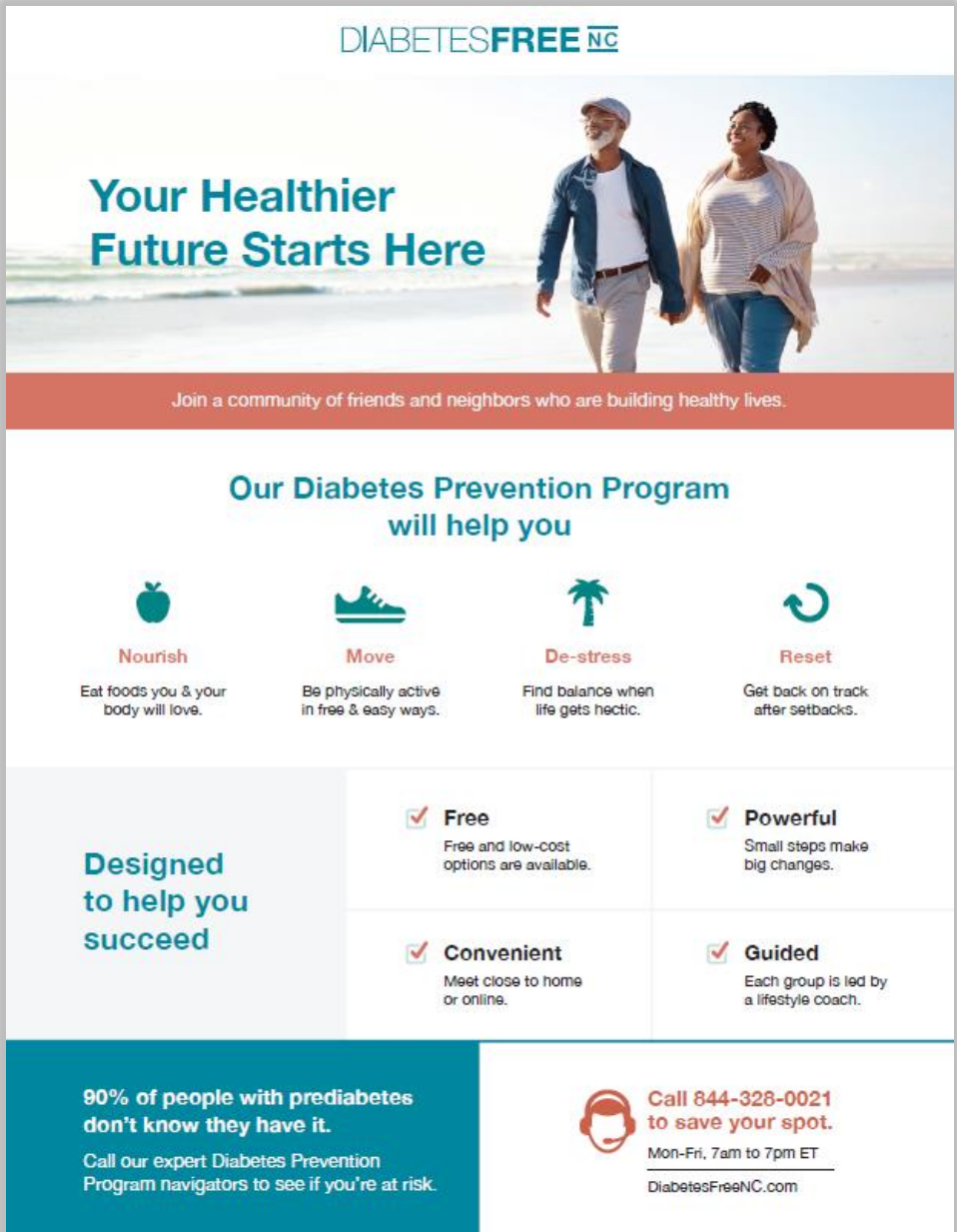
Date

Time

 **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.

General Flyer

Display in exam rooms or patient waiting areas.



The flyer features a header with the logo 'DIABETESFREE NC' and a photograph of a man and a woman walking on a beach. The main headline reads 'Your Healthier Future Starts Here'. Below this is a red banner with the text 'Join a community of friends and neighbors who are building healthy lives.' The central section is titled 'Our Diabetes Prevention Program will help you' and lists four pillars: Nourish (apple icon), Move (shoe icon), De-stress (palm tree icon), and Reset (refresh icon). Each pillar has a brief description. A section titled 'Designed to help you succeed' lists four benefits: Free, Powerful, Convenient, and Guided, each with a checkmark icon and a short explanation. The footer contains two columns: the left column states '90% of people with prediabetes don't know they have it.' and provides contact information for program navigators; the right column features a headset icon, the phone number '844-328-0021', and the website 'DiabetesFreeNC.com'.

DIABETESFREE NC

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Eat foods you & your body will love.
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Information Card


Display at patient registration desk and exam rooms.



Poster

Display in exam rooms or patient waiting areas.





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DIABETESFREE NC Toolkit

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6. Are you physically active?

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7. What is your weight category?

(See chart at right)

1 Point 2 Points 3 Points

Total score: _____

Weight (lbs)

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5'1"	132-157	158-210	211+
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5'3"	141-168	169-224	225+
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References: Ryan et al., *Ann Intern Med* 151:753-762 (2009) © 2010 American Medical Association. All rights reserved. Reproduction of this form is prohibited without permission from DiabetesFreeNC.com.

American Diabetes Association **CDC**






Available now at DiabetesFreeNC.com

Toolkit Guidance

Suggestions on how to utilize toolkit contents.

Together, we can make NC Diabetes Free!

Utilize this toolkit in your clinic to increase the awareness of prediabetes and to learn about DiabetesFreeNC's referral service that connects North Carolinians with prediabetes to a Diabetes Prevention Program (DPP).

Toolkit Contents	Suggestion
	Referral Form with Prediabetes Risk Test Place in patient rooms so health care team members can easily fill out the referral form. Once complete, send to: DPPreferral@dhhs.nc.gov or Fax to 866-336-2329
	Referred Patient Handout Place in patient rooms so health care team members can provide referred patients with information.
	General Flyer Place in locations where patients can read the information. For example, laminate and pin to bulletin boards or place in plastic display stands within the patient rooms.
	Information Card Display at registration desk or patient rooms for a quick reference.
	Poster Place in locations where patients can read the information. For example, hang framed poster in the lobby waiting area or pin to a bulletin board in the patient rooms.

To order additional toolkits or replacement items free of charge, please visit DiabetesFreeNC.com or send inquiries to DPPreferral@dhhs.nc.gov.

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

DiabetesFreeNC.com

For more information or to order additional toolkits, visit our website.

The screenshot shows the DiabetesFreeNC.com website. At the top, there is a navigation bar with links for 'Learn about prediabetes', 'Be inspired', 'Find a program', 'Get support', and 'Resources'. The main header features the text '1 in 3 North Carolinians has prediabetes. WE'RE HERE TO CHANGE THAT.' accompanied by a group photo of diverse people. Below this, a call to action box says 'Build a healthier life and get support from people just like you in a Diabetes Prevention Program (DPP). You're one call away from taking control of your health.' with a phone icon and the number '844-328-0021'. A section titled 'Designed to help you succeed' lists four benefits: Free, Powerful, Convenient, and Guided. Below this is a section 'This proven, evidence-based program will help you' with four icons: Nourish (apple), Move (shoe), De-Stress (palm tree), and Reset (refresh icon). The footer includes the text 'Your future is Diabetes FREE. Call 844-328-0021 to join a program' and a small disclaimer about the partnership with diabetes prevention champions across North Carolina.

This vertical view shows the mobile version of the website. It features the same header and main message as the desktop version. The 'Designed to help you succeed' section is formatted for a narrow screen. The 'This proven, evidence-based program will help you' section uses a grid of icons for Nourish, Move, De-Stress, and Reset. The footer contains the same call to action and disclaimer as the desktop version.

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Toolkit

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Additional Resources

Coming early 2020

**Every referral may prevent
a future diabetes
diagnosis.**



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Questions?

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