

Nearly 1 Million

Ohio adults have been diagnosed with prediabetes.

And it is estimated that more than 2 million Ohio adults have prediabetes but have not been diagnosed, increasing their risk of progressing to type 2 diabetes later in life. For additional statistical and source information, visit odh.ohio.gov/prediabetes.

Prevent Type 2 Diabetes In Three Simple Steps:



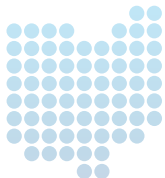
Screen patients using CDC guidelines.



Test for prediabetes with a blood test.



Refer eligible patients to lifestyle change programs.



Ready to Get Started Today?

Scan the QR code to go to the website where you can access tools to help you screen, test, and refer at ODH.Ohio.gov/Prediabetes.



Department of Health

Diabetes Prevention and Management Program
Prepare to Prevent Diabetes



A new website to help you screen, test, and refer patients to

Lifestyle Change Programs

Reduce your patient's risk of type 2 diabetes in three easy steps:



SCREEN



TEST



REFER

Prepare to Prevent Diabetes

Prediabetes comes with risks. But there are programs here in Ohio that can create healthy lifestyle changes and prevent the onset of type 2 diabetes. They are called National Diabetes Prevention Program lifestyle change programs. **Included in a lifestyle change program:**

- CDC-approved curriculum for prediabetes with lessons, handouts, and other resources.
- A lifestyle coach trained to lead the program and help patients learn new skills.
- A support group of people with similar goals and challenges.

The Ohio Department of Health has a website for healthcare providers to find these programs and access a wealth of additional educational and support tools.

Risk Factors of Prediabetes

- Overweight.
- > 45 years old.
- Family history of type 2 diabetes.
- Physically active < 3 times a week.
- History of gestational diabetes or birthed baby < 9 lbs.
- African American, Latino American, American Indian, or Alaska Native (some Pacific Islanders and Asian Americans are also at higher risk).

Working Together To Make Lifestyle Changes

For Healthcare Professionals:

With the website, healthcare professionals can easily search for local lifestyle change programs in their area that are open and ready to work with patients in-person or online. **Additional resources on the Prepare to Prevent Diabetes website include:**

- Best practices for communication with patients and referrals.
- CDC-approved tools for screening and testing for type 2 diabetes.
- Useful ICD-10 and CPT billing codes.

Scan the code to go to the website where you can access tools to help you screen, test, and refer at [ODH.Ohio.gov/Prediabetes](https://odh.ohio.gov/Prediabetes).



Partnering With Patients To Improve Outcomes

For Patients:

With the same website, providers can access educational materials for their patients to help them manage their prediabetes and make healthier choices for the future, including:



Weight Loss



Healthy Eating



Physical Activity



Other Important Lifestyle Changes

