

Nearly 1 Million

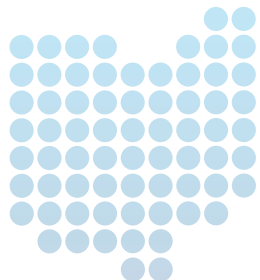
Ohio adults have been diagnosed with prediabetes.

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](https://odh.ohio.gov/Prediabetes).

More Than A Third Of Ohio Adults

have been diagnosed with hypertension.

Heart disease and stroke can be caused by multiple factors, including high blood pressure, also known as hypertension. For additional statistical and source information, visit [ODH.Ohio.gov/Hypertension](https://odh.ohio.gov/Hypertension).



Department of Health

Diabetes Prevention and Management Program
Prepare to Prevent Diabetes

Refer Patients To Lifestyle Change Programs

Learn how you can screen, test, and refer patients to CDC-recognized lifestyle programs by visiting our comprehensive website. Scan the code or visit [ODH.Ohio.gov/Prediabetes](https://odh.ohio.gov/Prediabetes).



Department of Health

Cardiovascular Health Program
Ohio Over Hypertension

Establish SMBP With Your Patients

Our one-stop website makes the process of establishing SMBP in your practice easy. To visit the website, scan the code or visit or additional statistical and source information, visit [ODH.Ohio.gov/Hypertension](https://odh.ohio.gov/Hypertension).



Department of Health

Diabetes Prevention and Management Program
Prepare to Prevent Diabetes

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Improve Your Patients' Lives

By accessing resources on CDC-recognized websites to prevent diabetes and manage hypertension.

Introducing Resource Websites

To help prevent diabetes and manage hypertension in Ohio, the Ohio Department of Health, with funding from the Centers for Disease Control and Prevention (CDC), is now offering two new resource websites for healthcare professionals.

Prepare to Prevent Diabetes

The Prepare to Prevent Diabetes website helps healthcare professionals screen their patients using CDC guidelines, test for prediabetes with a blood test, and refer them to a local lifestyle change program.

A lifestyle change program from the National Diabetes Prevention Program can help minimize the risk of type 2 diabetes by:

- Establishing sustainable, healthy lifestyle practices.
- Helping patients achieve weight loss.
- Giving patients tools and coaching to get to a healthy weight.

Ohio Over Hypertension

At the Ohio Over Hypertension website, healthcare professionals can get help in establishing self-measured blood pressure (SMBP) monitoring plans with their patients.

The benefits of SMBP include:

- Giving a patient's care team reliable, validated blood pressure data over time.
- Engaging patients in controlling their blood pressure.
- Cutting down on time spent managing patient symptoms.

Preventing Type 2 Diabetes

By screening, testing, and referring to lifestyle change programs.

A wide variety of resources are available on the Prepare to Prevent Diabetes website to help healthcare professionals implement a prediabetes screening, testing, and referral process for patients in their clinical practice, including:

- Guides and trainings.
- A map of nearby, CDC-recognized lifestyle change programs.
- Printable and digital screening tools in multiple languages.
- Useful ICD-10 and CPT billing codes.

To visit the website, go to [ODH.Ohio.gov/Prediabetes](https://odh.ohio.gov/Prediabetes).

Monitoring Blood Pressure

By partnering with patients.

Establishing SMBP in your practice is simple and easy with the Ohio Over Hypertension website, which includes resources to train your staff in SMBP practices and tools for educating patients. Additional resources include:

- Listings for validated blood pressure monitoring devices.
- Printable guides for patients about blood pressure management.
- ICD-10 and CPT billing codes.
- SMBP guides and trainings for staff.

To visit the website, go to [ODH.Ohio.gov/Hypertension](https://odh.ohio.gov/Hypertension).

