

Prediabetes in Iowa

Prediabetes: The Facts

An estimated 1 in 3 adults in the U.S. have prediabetes, according to the Centers for Disease Control and Prevention (CDC). About 9 in 10 people with prediabetes don't know they have it.

Prediabetes is when a person's blood sugar level is higher than normal but not high enough yet to be diagnosed as type 2 diabetes. Prediabetes increases the risk of type 2 diabetes, heart disease, and stroke. Risk

factors for developing prediabetes and diabetes are listed below.

Fortunately, people with prediabetes can take steps to prevent or delay the onset of type 2 diabetes. Evidence-based diabetes prevention program classes can help prevent type 2 diabetes from developing.

In 2014, 7.8% of Iowan adults reported being told by a healthcare professional they have prediabetes or bor-

derline diabetes (Source: 2014 Iowa Behavioral Risk Factor Surveillance System [BRFSS]).

That percentage is higher than it was in 2013, when 6.2% of Iowans reported being told they have prediabetes or borderline diabetes, but it remains much lower than the estimated actual percentage of Iowans with prediabetes (Source: 2013 Iowa BRFSS). **This data suggests many Iowans with prediabetes do not know they have it.**

Highlights:

- 1 in 3 adults have prediabetes.
- Diabetes prevention programs can help prevent or delay the onset of type 2 diabetes.
- Healthcare providers play a pivotal role in prevention.



Risk Factors for Developing Prediabetes

Risk for developing prediabetes and type 2 diabetes is higher if a person:

- is overweight or obese;
- has a family history of

type 2 diabetes;

- is age 45 or older;
- is not physically active;
- had diabetes while pregnant; or

- is African American, American Indian, Hispanic, Asian American, or Pacific Islander.

Diabetes Prevention Programs

Research has shown that diabetes prevention programs can prevent or delay the onset of type 2 diabetes, through modest weight loss, diet, and physical activity. The National Diabe-

tes Prevention Program and YMCA Diabetes Prevention Program are evidence-based, year-long programs that can help. A list of programs in Iowa is available at <http://bit.ly/NDPPinIA>.



Role of Healthcare Providers in Diabetes Prevention

In the average healthcare practice, it is likely that one-third of patients over the age of 18 and half over age 65 have prediabetes. Healthcare providers play a pivotal role in diabetes prevention. Providers can screen and identify patients for prediabetes, refer patients to diabetes prevention programs, and track their patients' progress.

If you are a healthcare provider, test your patients for prediabetes and refer those at high risk of

developing type 2 diabetes to an evidence-based diabetes prevention program.

*Check out this **Preventing Type 2 Diabetes Toolkit** developed by the American Medical Association and Centers for Disease Control and Prevention: http://www.cdc.gov/diabetes/prevention/pdf/STAT_Toolkit.pdf.*

It has more information about what healthcare providers can do.

More resources for healthcare providers are available here: http://www.cdc.gov/diabetes/prevention/resources_hcp.htm.



Diagnostic test	Normal	Prediabetes	Diabetes
HbA1C(%)	<5.7	5.7-6.4	6.5
Fasting plasma glucose (mg/dL)	<100	100-125	126
Oral glucose tolerance test (mg/dL)	<140	140-199	200

Source: American Medical Association and Centers for Disease Control and Prevention. Preventing Type 2 Diabetes Toolkit. http://www.cdc.gov/diabetes/prevention/pdf/STAT_Toolkit.pdf

Health Promotion and Chronic Disease Control Partnership

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Promoting and Protecting the Health of Iowans

The Iowa Department of Public Health (IDPH) is working on diabetes prevention and control through the Health Promotion and Chronic Disease Control Partnership. IDPH collaborates with organizations throughout the state to:

- promote and provide education about diabetes prevention and control through training for healthcare providers;
- provide educational materials for communities, healthcare providers, and certified outpatient diabetes education programs;
- promote awareness of prediabetes;
- certify community-based outpatient diabetes education programs;
- maintain involvement with diabetes care providers and educators statewide;
- monitor, evaluate and report diabetes-related data; and
- promote and support community-based self-management programs for people with or at risk for chronic disease.

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