Reducing the risk of type 2 diabetes for North Carolinians
What is Prediabetes?

Prediabetes is a condition whereby people have higher than normal blood glucose (sugar) levels, but not yet high enough to be diagnosed as diabetes.
Cost of Diabetes

$245 BILLION

TOTAL MEDICAL COST IN LOST WORK AND WAGES FOR PEOPLE WITH DIABETES

+$7,500

EMPLOYEES WITH DIABETES COST EMPLOYERS $7,500 MORE ANNUALLY

Cost of Diabetes

NEW CASES OF TYPE 2 DIABETES EVERY YEAR IN NC

50 THOUSAND

ADDITIONAL MEDICAL COST PER YEAR PER PERSON WITH DIABETES

$7,888

Prediabetes

1 out of 3 adults has prediabetes.

Source: Centers for Disease Control and Prevention, National Diabetes Prevention Program.
Only about 1 out of every 10 adults with prediabetes is aware of their condition.
Prediabetes

Without intervention, **up to 30%** of people with prediabetes will develop type 2 diabetes within 5 years.

Source: Centers for Disease Control and Prevention, National Diabetes Prevention Program.
A structured lifestyle change program can help cut the risk for developing type 2 diabetes by 58% for people with prediabetes.

Source: Centers for Disease Control and Prevention, National Diabetes Prevention Program.
National Diabetes Prevention Program

A trained lifestyle coach

CDC-approved curriculum

Group support
National Diabetes Prevention Program

- Eat healthy
- Incorporate physical activity into daily routine
- Manage stress
- Solve problems that get in the way of healthy changes
DiabetesFreeNC

Connecting North Carolinians at risk for type 2 diabetes or diagnosed with prediabetes to a Diabetes Prevention Program (DPP).
North Carolina DPP Landscape

CDC-Recognized DPP Onsite Programs
- Green: NC Prevents Diabetes Sites (n=22)
- Purple: Minority DPP Sites (n=17)
- Pink: Both NC Prevents Diabetes and Minority DPP Sites (n=3)
- Black: Other Sites (n=35)

CDC-Recognized DPP Online Programs
- Blue: Eat Smart, Move More, Prevent Diabetes and Better Health

DiabetesFreeNC Partners

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
DiabetesFreeNC DPP Referral Process

**Step 1**
Provider or potential participant makes a referral.

**Step 2**
DPP Navigator contacts referred participant.

**Step 3**
DPP Navigator verifies participant eligibility.

**Step 4**
Eligible participants are enrolled in DPP.

**Step 5**
Referring provider receives participant status updates.
**Step 1: Provider makes a participant referral**

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### Diabetes Prevention Program

**Referral Form**

#### 1. CLIENT INFORMATION

- **Client Name**: [ ]
- **Date of Birth**: [ ]
- **Phone**: [ ]
- **Email (optional)**: [ ]
- **Zip**: [ ]
- **City, State**: [ ]

#### 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

**Must meet at least ONE of the following:**

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

- **Lab Value**: ________
- **Date**: ________

#### 3. VERIFICATION (Please include documentation.)*

**Provider Name**: [ ]

**Practice Name**: [ ]

**Address**: [ ]

**Fax**: 866-336-2329

**Email**: DPPreferral@dhhs.nc.gov

**Refer via**: NCCARE360.org

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

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*References: Visit DiabetesFreeNC.com or call 844-328-0021

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**Questions**

Visit DiabetesFreeNC.com or call 844-328-0021

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**SUBMIT**

Submit your form by using ONE of the following:

- **Fax**: 866-336-2329
- **Email**: DPPreferral@dhhs.nc.gov
- **Refer via**: NCCARE360.org

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866-366-2329
dppreferral@dhhs.nc.gov

or

NCCARE360.org
Step 1: Participant makes a self-referral

90% don’t know

1 in 3 North Carolinians has prediabetes but 90% don’t know it

Call to learn about free Diabetes Prevention Programs

Call 844-328-0021

Reserve your spot today by calling the DPP Navigator

Call 844-328-0021
Step 2: DPP Navigator contacts referred participant
Step 3: DPP Navigator verifies participant eligibility

1. 18 YEARS AND OLDER
2. OVERWEIGHT
3. DIAGNOSED WITH PREDIABETES
4. PREVIOUSLY DIAGNOSED WITH GESTATIONAL DIABETES
Step 3: DPP Navigator verifies participant eligibility

Previous Gestational Diabetes diagnosis

or

Prediabetes Risk Test score of 5 or higher

or

Positive blood test within the past year

- Fasting blood glucose (100-125 mg/dL)
- Two-hour oral glucose tolerance test (140-199 mg/dL)
- HbA1c (5.7-6.4%)
Step 4: Eligible participants are enrolled in a DPP
Step 5: Referring provider receives updates

DPP Navigator reports enrollment and completion status of participant to the referring provider.

- 866-366-2329
- dppreferral@dhhs.nc.gov
- NCCARE360.org

NCCARE360.org
DPP Navigator Benefits

- Real-time, live interaction with a DPP Navigator
- DPP lifestyle coach connections
- Bidirectional feedback for referring providers
- Eliminate the barrier of searching for a DPP
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