How To Discuss

This is an intervention for people at high risk of developing a disease. When discussing the program it is important to highlight this risk. You may also want to discuss the burdens of diabetes and encourage patients to talk to other people they know with diabetes about whether they would have taken the opportunity to prevent it. Do NOT feel compelled to use the term “prediabetes.” This is a label that may have little meaning to patients. It may also invoke unnecessary anxiety among people that will never progress to diabetes. It is best to encourage the patient and highlight your excitement and support for his or her journey toward better health.

WHAT IS IT?

A group-based, participatory workshop facilitated by a single, trained and CDC-certified lifestyle coach. Participants commit to losing 5% of body weight and increasing physical activity. The 26 sessions are delivered over 1 year, beginning weekly and transitioning to monthly. Curriculum focuses on healthy eating and exercise with emphasis on calorie balance. Participants learn and apply practical strategies for staying motivated, managing stress, preparing food, solving problems, avoiding negative thoughts, and preventing relapse. Participant weight and physical activity is tracked throughout. The CDC collects and monitors data to ensure program effectiveness and certification status. Covered by Medicaid in MN currently (code 0403T) and some employers (e.g. State of MN), Medicare planned for 2018 (otherwise about $500). Learn more on CDC and MDH websites.

WHO IS IT FOR?

Any adult (age≥18) with obesity and high risk of diabetes. Eligible with BMI≥24 (≥22 if Asian) and ONE of HgbA1C 5.7-6.4%, FPG 100-125 mg/dL, GTT 140-199 mg/dL, or previous gestational DM. Effect on progression to DM increases with higher A1C so reasonable to target obese individuals with A1C >6%. Participant must be motivated to lose weight and live a healthier life as program is significant commitment. Especially appropriate for Latino and African American populations when culturally matched programs are available and for older adults and individuals with depression and/or social isolation. Not for people that currently have DM.

WHAT DOES IT DO?

Equips and encourages individuals at high risk of diabetes to enact sustainable lifestyle changes that result in a 4-7% loss of body weight. Original RCT showed 58% reduction to progression to diabetes (outperformed metformin). More recent, CMS-funded translational study conducted in YMCAs across America confirmed average 5% weight loss and net savings of $2600 per beneficiary in lay-led and group-based settings.