

There are 424,601 Virginians that have prediabetes, and only 11 percent of them know they have it, putting them at greater risk for developing type 2 diabetes, heart disease, and stroke (Virginia Behavior Risk Factor Surveillance Survey 2013). The Centers for Disease Control and Prevention (CDC) estimates that as many as 1 in 5 people could have type 2 diabetes by 2025. People with prediabetes are 5 to 15 times more likely to develop type 2 diabetes in their lifetime; if no action is taken, that can happen within 5 years.

In response to the growing burden of diabetes, the American Medical Association (AMA) and CDC collaborated and released a call to action to expand and strengthen existing efforts. The **Prevent Diabetes STAT: Screen, Test, Act - Today™** initiative employs a multidisciplinary approach to diabetes efforts and encourages stakeholders across multiple sectors, including insurers, employers, Centers for Medicare and Medicaid Services, and the food industry, to invest and support efforts to reach individuals with prediabetes and halt the progression to type 2 diabetes.

Through this partnership, the AMA and CDC have also co-developed a tool-kit to help providers refer patients with prediabetes to a recognized diabetes prevention program. Patients look to their primary care providers more than any other source for information on promoting health and preventing diseases, especially when they are faced with a serious, chronic condition like type 2 diabetes. Health care providers play a vital role in helping to prevent or delay the onset of diabetes by assessing and discussing patients' risk of type 2 diabetes, testing patients for prediabetes, and recommending participation in a diabetes prevention program for those at risk. The tool-kit provides information and resources to better equip providers in:

- Engaging patients
- Incorporating screening, testing and referral into your practice
- Connecting your clinic with diabetes prevention programs in Virginia

For additional information and resources on Prevent Diabetes STAT and a registry of recognized diabetes prevention programs in your community, visit the following websites:

AMA diabetes prevention initiative

<http://www.ama-assn.org/sub/prevent-diabetes-stat/>

AMA-CDC Prediabetes Tool-Kit

http://www.cdc.gov/diabetes/prevention/pdf/STAT_toolkit.pdf

Centers for Disease Control and Prevention's National Diabetes Prevention Program

<http://www.cdc.gov/diabetes/prevention/>

https://nccd.cdc.gov/DDT_DPRP/State.aspx?STATE=OTH

National Diabetes Education Program

<http://ndep.nih.gov/am-i-at-risk/>