



NEW YORK CITY DEPARTMENT OF

HEALTH AND MENTAL HYGIENE

Mary T. Bassett, MD, MPH

Commissioner

Dear Health Care Professional:

You often hear “diabetes is epidemic.” And it is true. Since 2002, the prevalence of diabetes has increased by nearly 50 percent among New York City adults.¹ Recent reports indicate that 740,000 New Yorkers have diabetes² and an additional 1.3 million have prediabetes, with the burden of disease falling disproportionately on communities of color.³ Of those living with prediabetes, an estimated nine out of 10 people are unaware of their condition.⁴

As a health care provider, you play a crucial role in helping your patients prevent or delay the onset of type 2 diabetes. The New York City Health Department recommends that providers:

- Screen for diabetes with glycemic testing in adults age 45 and older or in adults who are overweight or obese and have one or more additionally specified risk factors
- Counsel overweight and obese patients on increasing physical activity, making healthy food choices and maintaining a healthy weight
- Refer overweight and obese patients with prediabetes (A1C level 5.7-6.4% or equivalent) to a National Diabetes Prevention Program (NDPP) to prevent or delay the onset of type 2 diabetes
- Refer patients with type 2 diabetes (A1C level \geq 6.5% or equivalent) to a diabetes self-management program

The Health Department created this toolkit to help your practice improve the health of your patients at-risk for diabetes. This toolkit provides clinical resources and patient education materials to support your efforts. The Health Department also supports practices through a partnership with the Quality and Technical Assistance Center of New York (QTAC). QTAC provides electronic referrals to free, as well as certified diabetes prevention and diabetes self-management programs that help patients eat healthier foods and live more active lives.

To learn more about diabetes prevention, visit nyc.gov and search “diabetes.” Together, we can help New Yorkers living with prediabetes and type 2 diabetes lead longer and healthier lives.

Sincerely,

A handwritten signature in black ink that reads 'Mary T. Bassett'.

Mary T. Bassett, MD, MPH

Commissioner

New York City Department of Health

¹ New York City Department of Health and Mental Hygiene, Community Health Survey 2007 - 2015.

² New York City Department of Health and Mental Hygiene, Community Health Survey 2015.

³ New York City Department of Health and Mental Hygiene, New York City Health and Nutrition Examination Survey 2013 -2014. Available from www.nychanes.org.

⁴ Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, U.S. Department of Health and Human Services; 2017.