



REFER YOUR PATIENTS TO AN EVIDENCE-BASED INTERVENTION:

Type 2 Diabetes Prevention and Self-Management Services

National Diabetes Prevention Program

The Centers for Disease Control and Prevention's (CDC) National Diabetes Prevention Program (NDPP) is an evidence-based lifestyle modification program for adults aged 18 and older with prediabetes. The program consists of 16 weekly class sessions. Each class is one hour per week. The program is followed by monthly maintenance sessions for the combined duration of one year. Classes are facilitated by CDC-certified lifestyle coaches who follow the CDC-approved curriculum, which includes lessons on physical activity, coping mechanisms, healthy eating and stress management.

Eligibility Criteria

- ≥18 years old and
- Body Mass Index (BMI) ≥24 or ≥22 if Asian and
- No prior diagnosis with type 1 or type 2 diabetes and
- Evidence of impaired glucose metabolism
 - Recent blood test in prediabetes range (A1C 5.7%-6.4%; fasting plasma glucose 100-125 mg/dL; OGTT 140-199 mg/dL) **or**
 - History of gestational diabetes

Diabetes Self-Management Program

The Diabetes Self-Management Program (DSMP) was developed by Stanford University's Patient Education Research Center to help patients manage their type 2 diabetes. The DSMP teaches medication self-management and self-managed lifestyle change and coping strategies. It also provides guidance on increasing physical activity levels. The six-week workshop is held in small groups at 2½ hours per week. Workshops are facilitated by two trained leaders, at least one of whom is a peer leader with diabetes.

How to Refer Your Patients

The Quality and Technical Assistance Center of New York (QTAC)

QTAC is based in New York State and operates an online registration and data management portal called Compass. Compass lists classes online and enables providers to make electronic referrals.

Visit compass.qtacny.org/physicians for more information.

Benefits

- Identifies classes offered citywide by numerous organizations
- Directly registers patients for programs
- Gives automated feedback on status of referrals via fax
- Classes are free

Registration

To sign up to use the QTAC referral services, email EBI_Referrals@health.nyc.gov and include your practice name, contact person, phone number and address.

