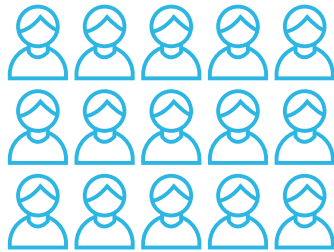


AMA OFFERS SERVICES AND SUPPORT FOR DIABETES PREVENTION

PROJECTION ESTIMATE

32
PERCENT INCREASE
IN NUMBER OF PATIENTS WITH DIABETES



If health systems do not implement prevention strategies, projections estimate their diabetes populations will grow by more than 32 percent over the next five years—an increase that could have a significant impact on the way your practice functions. Here are a few things to keep in mind:

- An increase in the prevalence of diabetes will burden practice resources
- Beginning April 1, 2018, Medicare will reimburse for National DPP delivery
- A commitment to prevention lessens patient population risk

Evidence-based solution: The National DPP lifestyle change program

The National Diabetes Prevention Program (National DPP) intensive lifestyle change program reduces the incidence of diabetes by 58 percent overall and by 71 percent in adults 60 and older. Led by a trained lifestyle coach, National DPPs include 16 weekly sessions followed by six monthly sessions over the course of 12 months.



PHYSICAL ACTIVITY,
150 MINUTES/WEEK



HEALTHY EATING



STRESS MANAGEMENT & BEHAVIOR MODIFICATION



MINIMUM BODY WEIGHT LOSS **5% IN 6 MONTHS**

+ 6 MONTHS OF MAINTENANCE

(10 lbs. for a person that weighs 200 lbs.)

AMA offers expertise to help providers implement prevention strategies

The American Medical Association has the experience and expertise to support you in program development and the implementation of best practices, and can guide your health system or clinical practice through proven strategies that can prevent type 2 diabetes. At no cost to your clinic or health system, let the AMA help you:

- Define diabetes prevention strategy
- Select a diabetes prevention program
- Create a patient registry
- Establish a patient recruitment process
- Institute a referral system
- Engage physicians and care teams
- Evaluate patient and practice outcomes
- Understand coverage options

To set up a consultation with the AMA's diabetes prevention team, contact Ken Henriksen at iho-info@ama-assn.org.

