

FEBRUARY 2023 – CAPSULE 30

How to Manage Prediabetes

CONTRIBUTING AUTHORS: Eileen Seeholzer, MD, MS, Case Western Reserve University; Kate Gawlik, DNP, APRN-CNP, The Ohio State University; Shanail Berry Lampkin, MD, Case Western Reserve University; Colin Crowe, MD, Case Western Reserve University, on behalf of Team Best Practices

Patients with prediabetes have a 5-10% annual risk and a 70% lifetime risk of developing diabetes. Early intervention is known to reduce the risk of complications. Therefore, it is important to **identify prediabetes** early in its course and monitor HbA1C yearly.¹⁻²

Key components of management of prediabetes include:

One in three adults has prediabetes.



Lifestyle Modifications

- Refer patients to a Diabetes Prevention Program or registered dietitian.³ As of January 2022, Ohio Medicaid provides coverage for National Diabetes Prevention Programs, both online and in-person.⁴ Ohio Medicaid plans also cover **Diabetes Self-Management Education and Support** in individual and group settings.⁴
- Help patients achieve and maintain a 5-10% weight loss.³
- Decrease sedentary behavior and increase physical activity, ideally to 150 minutes per week or more.³
- Recommend a dietary approach for healthier eating (i.e., **Dietary Approaches to Stop Hypertension [DASH] Diet**).³
- Use evidence-based tools to help patients **stop tobacco use**, reduce/eliminate alcohol, improve sleep, and **manage stress**.

Clinical Interventions

- Assess and manage related conditions, such as **obesity**, **hypertension**, **hyperlipidemia**, and sleep apnea to reduce cardiovascular risk.
- Consider adding metformin with lifestyle modification, especially if BMI ≥ 35 , age < 60 years old, or a history of gestational diabetes.³
- For those with severe obesity or moderate obesity with other significant medical comorbid conditions, discuss referral to an obesity medicine specialist or bariatric surgery program.

For more information, access Cardi-OH's expanded resources on **prediabetes screening and treatment** and **obesity and prediabetes**.

References

- Centers for Disease Control and Prevention. Prediabetes: You Could Be That 1 in 3. <https://www.cdc.gov/diabetes/library/features/prediabetes-1-in-3.html>. Reviewed June 29, 2022. Accessed August 14, 2022.
- ElSayed NA, Aleppo G, Aroda VR, et al. 2. Classification and diagnosis of diabetes: Standards of Care in Diabetes-2023. *Diabetes Care*. 2023;46(Suppl 1):S19-S40. doi:10.2337/dc23-S002.
- ElSayed NA, Aleppo G, Aroda VR, et al. 3. Prevention or delay of type 2 diabetes and associated comorbidities: Standards of Care in Diabetes-2023. *Diabetes Care*. 2023;46(Suppl 1):S41-S48. doi:10.2337/dc23-S003.
- Ohio Department of Medicaid. Coverage and Payment of Diabetes Prevention and Self-Management Training Services. <https://medicaid.ohio.gov/static/About+Us/PoliciesGuidelines/MTL/MTL-3336-21-15.pdf>. Published December 22, 2021. Accessed December 12, 2022.

The Ohio Cardiovascular and Diabetes Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

For more information head to [Cardi-OH.org](https://cardi-oh.org).

© 2023 Cardi-OH