Pre-Diabetes and the Diabetes Prevention Program

Pre-diabetes is a condition where blood glucose levels are higher than normal—but not high enough to be diagnosed as diabetes. Pre-diabetes can lead to heart disease, stroke, and type 2 diabetes. 5-10% of cases of pre-diabetes convert to diabetes a year. Many people with pre-diabetes do not know that they have the condition.

- According to the Centers for Disease Control and Prevention (CDC), only 7% of people with pre-diabetes in the U.S. are aware of their condition.
- An estimated 6.7% of Connecticut adults (18+) report that a health care provider told them they have pre-diabetes.
- Data from the National Health and Nutrition Examination Survey estimate that 79 million Americans (or 35% of U.S. adults aged 20 and older) have pre-diabetes.
  - When the applied to our state’s population, more than 930,000 Connecticut adults aged 20 years and older are estimated to have pre-diabetes.

Please help get the word out about pre-diabetes!

Attached is the Diabetes Prevention Program to increase pre-diabetes awareness for you to display at your pharmacy.

If you would like copies of the cards mailed to your pharmacy, please contact cindy.kozak@ct.gov

Our Success: Grant Update

Congratulations on all of your efforts in improving the care of our patients!

- 63.7% of patients have achieved a blood pressure goal of < 140/90 mmHg.
  - This is an overall 48% improvement from the patients’ initial encounter.
  - And has increased from 59.8% in September 2016.

- 75.9% of patients have achieved an A1C < 9%.
  - This is an overall 27.4% improvement from the patients’ initial encounter.
  - And has increased from 68% in September 2016.

Please continue sending your data
Importance of Lifestyle Changes

A major multicenter clinical research study showed that people with pre-diabetes who take part in a structured lifestyle change program can reduce their risk of developing type 2 diabetes by 58% (71% for people over 60 years old).

This finding was the result of the program helping people lose 5% to 7% of their body weight through healthier eating and 150 minutes of physical activity a week.

For a person who weighs 200 pounds, losing 5% to 7% of their body weight means losing just 10 to 14 pounds. It doesn’t take a drastic weight loss to make a big impact. And the impact can last for years to come!

Further research has found that even after 10 years, people who completed a diabetes prevention lifestyle change program were 1/3 less likely to develop type 2 diabetes.

Study Overview: Pharmacist Interventions on Cardiovascular Risk

Overview: This randomized controlled trial was conducted in 56 community pharmacies in which pharmacists recruited patients at high cardiovascular disease (CVD) risk.

Study Groups: Patients either received usual care (no intervention) or pharmacist intervention, including medication therapy management review, CVD risk assessment, and education. Pharmacists caring for patients in the intervention group ordered lab work and prescribed medications.

Follow-up: Patients were followed up monthly for 3 months.

Primary Outcome: Difference in in estimated change of CVD risk, assessed using the highest of the Framingham, International, or United Kingdom Prospective Diabetes Study (UPKDS) risk score at 3 months.

Enrollment: 723 patients (mean age 62 years old, 58% male, and 27% smokers)

Results: A 21% difference in change in risk for CVD events (p <0.001) was found. Patients enrolled in the pharmacist intervention arm achieved statically significant reductions in:

- LDL (-0.2 mmol/L, p <0.001)
- Systolic blood pressure (-9.37 mmHg, p <0.001)
- A1c (-0.92%, p <0.001)
- Smoking cessation (20.2%, p <0.001)

Conclusion: Large randomized trial of CVD risk reduction led by community pharmacists, demonstrating a significant reduction in CVD events.

Take-away: Expanding community pharmacists’ scope of practice could significantly and positively impact public health implications!