

8 terms every physician should know about prediabetes

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One in three adults has prediabetes. However, only 16% of adults with prediabetes know they have it. This is particularly concerning because having prediabetes means a person is at increased risk for developing serious health problems such as type 2 diabetes, stroke and heart disease.

This brief glossary will help guide you through different terms to make strides in identifying and treating patients with prediabetes to improve diabetes prevention.

M.A.P framework

Through the Measure accurately, Act rapidly, Partner with patients (M.A.P.) framework, physicians and their staff can design a systematic process that works best for the care team, the practice and the patients. The M.A.P. framework is designed to help clinical care teams and physicians accurately diagnose and effectively treat chronic disease.

CDC-recognized lifestyle change program (LCP)

CDC-recognized LCPs are a structured lifestyle intervention for patients at risk for type 2 diabetes. The program helps participants make sustainable healthy behavior changes and achieve weight loss. Oversight and quality assurance of the program is through the Centers for Disease Control and Prevention as part of the National Diabetes Prevention Program. The LCP curriculum covers a comprehensive list of topics and is delivered by a trained coach who works to empower each participant to adopt the skills needed to improve their lifestyle and overall well-being.

Point-of-care model

The point-of-care model is a comprehensive and customized approach that helps clinical practices and health care organizations identify patients with prediabetes and manage the risk of developing type 2 diabetes. It also helps with referring patients at risk to a diabetes prevention lifestyle-change program based on their individual needs.

Distance learning

With an unprecedented and rapid transition to telehealth services across the country, many health care organizations have had to change how they approach prediabetes care. This meant quickly shifting patients from an in-person National DPP lifestyle change program to a new virtual format: distance learning. Distance learning allows patients to continue with the DPP lifestyle change program through the internet and telephonic conference.

Lifestyle changes

There is a growing need for people to commit to making lifestyle changes to help prevent chronic conditions such as type 2 diabetes and heart disease. Lifestyle changes mean modifying things we each have more control over, such as changes in diet or daily routine. By making appropriate lifestyle changes, patients can improve their health and well-being.

Nutrition therapy

Nutrition therapy is an important component of prediabetes and diabetes care, which makes it important for every member of the health care team to know and champion the benefits for their patients. But which eating plans work best for patients with prediabetes? Nutrition therapy for patients with prediabetes or type 2 diabetes ranges from a Mediterranean-style diet and vegetarian or vegan eating patterns to the Dietary Approaches to Stop Hypertension diet.

Sedentary time

While people are watching less TV, sedentary time has still gone up because of an increase in computer and mobile phone use. Whether it is watching their favorite cat or dog video, or binge-watching Netflix, patients are sedentary, which means prolonged

sitting for extended periods. Physicians should encourage their patients to remain active—whether that is hitting up the local gym or going for a walk. Physical activity fosters normal growth and development. It can also make people feel, function, and sleep better, while reducing the risk of many chronic diseases.

Interval training

Through interval training, which alternates short, high intensity bursts of activity with periods of rest and recovery in between, glucose control can be improved. This form of exercise also helps with lowering abdominal fat and increasing lower-body muscle mass. For example, aerobics or interval jogging for about 30 minutes three to five times a week can help to manage prediabetes.

The AMA's Diabetes Prevention Guide supports physicians and health care organizations in defining and implementing evidence-based diabetes prevention strategies.

This comprehensive and customized approach helps clinical practices and health care organizations identify patients with prediabetes and manage the risk of developing type 2 diabetes, including referring patients at risk to a National DPP lifestyle change program based on their individual needs.