

# NCW Health Professional Prediabetes Survey Summary

The NCW Diabetes Coalition surveyed Providers and Clinicians located in Chelan, Douglas, Grant, and Okanogan counties about prediabetes from November 3rd to December 31st, 2016 (n=101; Provider n=50; Clinician n=51).

## Provider Responses

### Prediabetes

**90%** of Providers believe ...

- Prediabetes is a medical condition that can be diagnosed through testing and evaluation
- Effectively managing prediabetes can reduce the risk of type 2 diabetes

Alignment with Current Prediabetes Practices & the 2017 ADA Standards of Medical Care in Diabetes

#### Adult Patients

Use a recommended blood test

- **70%** use fasting plasma glucose
- **66%** use hemoglobin A1c
- **7%** use 2-hour plasma glucose (75 gm OGTT)

**94%** reassess those with prediabetes yearly

#### Pediatric Patients

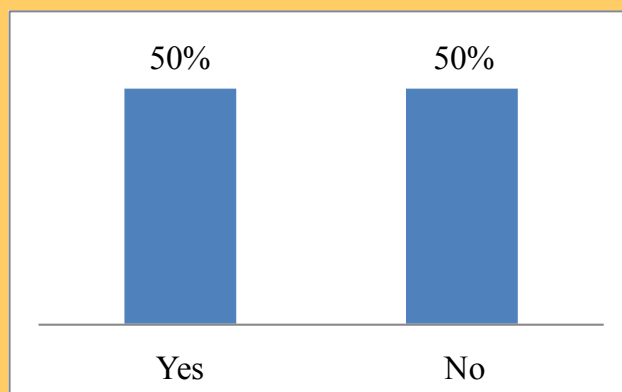
Use child/adolescent criteria

- **54%** use overweight or obesity
- **51%** use family history
- **11%** use existing comorbidities

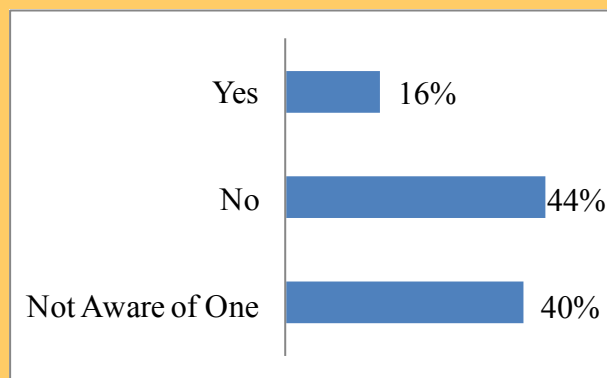
**100%** reassess those with prediabetes yearly

### Diabetes Tools

Providers who Use an Evidence-Based Algorithm



Providers who Use a Prediabetes Action Plan



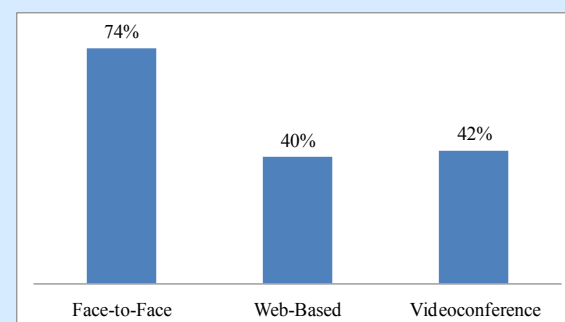
## Provider and Clinician Responses

### Diabetes Prevention Programs

**70%** of Providers and Clinicians believe DPPs will be effective in ...

- Reducing the risk of developing type 2 diabetes
- Slowing the progression to type 2 diabetes

Likelihood of Referral Based on Program Format



Top Barriers to Patient Referral

1. Lack of awareness about programs
2. Lack of case manager or diet counselor
3. Lack of provider time during patient visit
4. Lack of community-clinical communication

Top Barriers to Participation

1. Inability to self-pay
2. Language barriers
3. Lack of transportation

Responder's Suggestions: "Need classes in **Spanish**." "Scholarships to cover the registration fee for those that need help." "Dietitian available to the public." "Hold classes in **different communities** and/or make **online participation** a cinch." "Provider education on available courses." "Provide **transportation**." "Widely **publicize**, smoothly integrate EHR. Encourage **Provider collaboration**." "Printed **brochures** and readily **available action plans**." "Lower the **cost**." "Increase '**team-based**' **patient care** and collaboration." "Cooking classes, walking groups, education classes." "More **support and education** resources."

# In response to survey results, the NCW Diabetes Coalition will ...

Establish DPPs in North Central Washington



- 7 regional instructor-led DPPs with at least one offered in Spanish

Find ways to offset program costs



- Sponsorship from regional MCOs
- Target individuals with reimbursable insurance
- Obtain CDC recognition for Medicare coverage in 2018
- Pursue grants

Work to increase program accessibility



- Classes offered in multiple locations
- Evening and day classes
- ADA accessible locations

Continue clear communication with health professionals



- Distribute information packets
- Identify EHR tools
- Establish two-way communication between health professionals and class successes

Inform & educate community about offered programs



- Radio and print PSAs in English & Spanish
- Flyers & brochures in English & Spanish
- Announcements on multiple agency websites
- MCO-generated client announcements

Provide prediabetes tools and information



- Provide evidence-based algorithms
- Provide a regional prediabetes action plan template