



**Florida  
Health Care  
Plans**



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# *FLORIDA HEALTH CARE PLANS*

## MEMORANDUM

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To: All Primary Care Physicians, Specialists & Practice Managers  
From: Health Education Dept. & the Diabetes Educators  
Date: June 29, 2009  
Subject: Pre-diabetes Education Classes

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According to the National Institutes of Health's Diabetes Prevention Program (DPP) clinical trials and others, **Type 2 Diabetes can be delayed or prevented.**

Some well know facts:

- There are now 24 million people with Diabetes in the US; each year another million new cases.
- Diabetes increased 70% among people age 30-39 in approximately the last decade.
- Diabetes prevention depends on the ability to preserve/improve beta cell function in the susceptible.
- More than 60 million people have pre-diabetes.
- Pre-diabetes risk factors include increasing age, overweight, elevated blood pressure, abnormal lipid levels, family history, ethnicity, history of gestational diabetes, inactive lifestyle.
- Diagnosis for pre-diabetes is fasting blood glucose of 100-125 mg/dL or impaired glucose tolerance test (2 hour oral glucose tolerance test) of 140-199 mg/dL.
- Patients with impaired glucose tolerance are at 1.5 greater risk for heart disease.
- **There were over 600 members at FHCP diagnosed with pre-diabetes in the past year.**

What can be done?

- Modest changes in lifestyle, such as weight loss of 5-7% of initial body weight and regular physical activity of 150 minutes a week will result in delay or prevention.
- Lifestyle modifications can reduce the risk of developing diabetes by 58% and will decrease insulin resistance.

Let the Health Education Department work with your pre-diabetes patients to prevent diabetes. Please refer your patients to us for education on life style changes.

Thank you in advance for supporting the goal to prevent diabetes in our high-risk patient population. If you or your staff has any questions please do not hesitate to call. **Our new phone number for Health Education referrals is 386-676-7133 & fax is 386-615-4065.**

cc: Irene Talarico  
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