



## Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force recommends team-based care to control type 2 diabetes. The finding is based on strong evidence of effectiveness for improving patients' blood glucose (measured using A1c levels), blood pressure, and lipid levels. Team-based care also increases the proportion of patients who reach target blood glucose, blood pressure, and lipid levels.

## Facts about Diabetes

People with diabetes are at risk for serious complications such as heart disease, stroke, kidney failure, blindness, leg amputations, and premature death.<sup>1</sup> When properly managed, however, the risk for these complications is reduced.<sup>2</sup>

## What is Team-Based Care?

Team-based care to improve diabetes control is a health systems-level, organizational intervention that assigns a multidisciplinary team to help patients manage their diabetes. Each team includes the patient, the patient's primary care provider (not necessarily a physician), and one or more other health professionals.



Teams work together to help patients

- Get appropriate medical tests and examinations.
- Use medications to manage and control risk factors.
- Self-manage their health care and adhere to treatment.
- Make healthy behavior and lifestyle choices.
- Improve their quality of life and prevent diabetes-related complications.

## Major Findings

- Evidence shows that these interventions are able to
  - Improve patients' blood sugar, blood pressure, and lipid levels.
  - Increase proportion of patients who reached target blood sugar, blood pressure, and lipid levels.
  - Improve patients' diabetes-related quality of life and general physical and mental health.
- Adding either a nurse or pharmacist led to improved diabetes-related outcomes. Teams with a pharmacist, however, produced greater reductions in patients' blood glucose levels.
- Patients experienced greater reductions in blood glucose levels when services such as education, counseling, and follow-up were delivered both in-person and remotely.

### Learn More

#### Summary of Evidence and Task Force Finding

<https://www.thecommunityguide.org/findings/diabetes-management-team-based-care-patients-type-2-diabetes>

#### CDC Division of Diabetes Translation

<https://www.cdc.gov/diabetes/ndep/pdfs/ppod-guide-team-care-approach.pdf>

**Agency for Healthcare Research and Quality**  
[Creating Patient-Centered Team-Based Primary Care](#)

**National Institute of Diabetes and Digestive and  
Kidney Diseases**  
[Practice Transformation for Physicians and Health Care  
Teams](#)

<sup>1</sup>American Diabetes Association. Diagnosis and classification of diabetes mellitus. *Diabetes Care* 2010;33 (Suppl 1):S62-9.

<sup>2</sup>UK Prospective Diabetes Study Group. Intensive blood-glucose control with sulphonylureas or insulin compared with conventional treatment and risk of complications in patients with type 2 diabetes (UKPDS 33). *Lancet* 1998;352:837-53.

The Community Preventive Services Task Force (Task Force) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the Director of CDC. The Task Force provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the Task Force, the recommendations developed are those of the Task Force and do not undergo review or approval by CDC. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).