



## Putting it all Together: Preventing Diabetes with Clinical and Community-Based Evidence



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Christopher Holliday, PhD, MD  
Director of Population Health  
and Public Community Linkages  
American Medical Association

### More Information

#### American Medical Association

[www.ama-assn.org](http://www.ama-assn.org)

#### CDC, National Diabetes Prevention Program

[www.cdc.gov/diabetes/prevention](http://www.cdc.gov/diabetes/prevention)

#### The Community Guide: Task Force Findings on Diabetes Prevention and Control

[www.thecommunityguide.org/topic/diabetes](http://www.thecommunityguide.org/topic/diabetes)



Although 86 million Americans have prediabetes, 9 out of 10 don't know they have it.<sup>1</sup> Having prediabetes means your blood sugar levels are higher than normal—but not high enough to be diagnosed with diabetes. Prediabetes can lead to heart disease, stroke, and type 2 diabetes.<sup>1</sup> With intervention, prediabetes can often be reversed.

The American Medical Association (AMA) partnered with the Centers for Disease Control and Prevention (CDC) in 2016 to launch the national Prevent Diabetes STAT™ campaign and help prevent type 2 diabetes among those with prediabetes. The campaign drew on complementary evidence and recommendations from the U.S. Preventive Services Task Force (USPSTF) and the Community Preventive Services Task Force (CPSTF) to develop audience-specific messages around the three key steps for prevention: (1) Screen, (2) Test, and (3) Act Today (STAT).

“Using evidence-based findings from both task forces added strength and credibility to our campaign, especially among healthcare providers who are invested in science,” said Christopher Holliday, PhD, MD, the AMA's director of population health and public community linkages and a Task Force Liaison.

### Right Review, Right Time

In 2015, the USPSTF issued a recommendation for clinicians that specified which patients should be screened for type 2 diabetes, and suggested all patients with abnormal blood glucose results (i.e., in the prediabetes range) be referred to evidence-based diabetes prevention programs that focus on behavioral interventions. Around the same time, the CPSTF issued a recommendation for combined diet and physical activity programs for diabetes prevention based on evidence of effectiveness of these programs when implemented in health care and community-based-settings—extending the USPSTF recommendation for clinical screening and referral. Evidence showed that among populations at increased risk of type 2 diabetes, these cost-effective programs led to improvements in health outcomes and risk factors for type 2 diabetes *and* cardiovascular disease.

“The timing for these reviews was serendipitous. Both the clinical and community task forces are independent panels of experts, and both look at systematic reviews of all the available evidence to determine what works,” said Patrick Remington, MD, MPH, a member of the CPSTF. “They approached diabetes prevention from their respective clinical and community perspectives, and together they provided the evidence base for the three steps outlined in the Prevent Diabetes STAT™ campaign: (1) Screen, (2) Test, and (3) Act Today.”

## Pulling the Pieces Together

Prevent Diabetes STAT™ used the evidence base to develop audience-specific messaging and connect the dots. The website, [www.preventdiabetesstat.org](http://www.preventdiabetesstat.org) provides a free toolkit with print-ready materials to help providers engage health care teams and incorporate screening, testing, and referral into their practice.



The site also connects with the National Diabetes Prevention Program, which provides resources for healthcare providers and public health practitioners, and hosts an online registry of evidence-based behavioral interventions across the country.

### What is The Community Guide?

The Guide to Community Preventive Services (The Community Guide) is an essential resource for people who want to know what works in public health. It provides evidence-based recommendations about public health interventions and policies to improve health and promote safety.

The Community Preventive Services Task Force (Task Force)—an independent, nonfederal, unpaid panel of public health and prevention experts—bases its recommendations on systematic reviews of the scientific literature. With oversight from the Task Force, scientists and subject-matter experts from the Centers for Disease Control and Prevention conduct these reviews in collaboration with a wide range of government, academic, policy, and practice-based partners.

[www.thecommunityguide.org](http://www.thecommunityguide.org)

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 Community Preventive Services Task Force

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## Reaching Out, Reaching In

Healthcare providers, practices, and public health departments provided input during development of the toolkit, and continue to offer suggestions and share how they use the different pieces. Preliminary data showed that within the first year of the campaign, roughly 10,000 individuals accessed the website which provides portals for patients and partners, healthcare professionals, and employers and insurers. The American Medical Association plans to evaluate the campaign as it progresses.

### Lessons Learned

- **Better together.** Combining evidence from the U.S. Preventive Services Task Force and the Community Preventive Services Task Force strengthened the overall approach for the Prevent Diabetes STAT™ campaign.
- **Prevention from A→Z.** Recognizing the value of healthcare providers' time, Prevent Diabetes STAT™ included print-ready materials and a link to an online registry of evidence-based prevention programs.

<sup>1</sup>Centers for Disease Control and Prevention, National Diabetes Prevention Program: About Prediabetes & Type 2 Diabetes. Accessed on 12/2/2016. Available at URL: <http://www.cdc.gov/diabetes/prevention/prediabetes-type2/index.html>