Recruitment Options:
- Mailed letters to subjects identified through VA database who met criteria for prediabetes
- Distributed flyers in waiting areas of pharmacy, radiology, and clinical laboratory
  - Primary care physician referral
  - Word of mouth

February 2016 to September 2016: 66 patients recruited

32 excluded from analysis:
- 16 had no follow up data
- 14 with baseline HbA1c <5.7%
- 2 with baseline HbA1c >6.4%

- n=34 included in analysis
- Patients seen by an internist or endocrinologist, advice about lifestyle modification was provided
  - All had HbA1c>5.7% and <6.5%
  - All completed at least 1 follow up between 3 to 6 months
  - After visit 1, patients were referred to a dietician if they were amenable
Dear Veteran,

Your most recent blood test shows that your blood sugar level is slightly elevated. We wanted to contact you because people who have persistently elevated sugars may be at risk of developing diabetes in the future.

The good news is that making some important lifestyle changes including managing your weight, diet and increasing your physical activity can help delay or prevent diabetes.

Take the first important step by REGISTERING in the Diabetes Prevention Clinic where you will receive education and coaching to help keep diabetes away.

Please call (212) 686-7500 Extensions 5700, 5730 or 5760 to make an appointment for the Diabetes Prevention Clinic.

For more information please contact:
Michael Bergman, MD, FACP (Acting Section Chief, Endocrine Division)
Marisa Wallace, DNP - Ext: 4780
Joyce Lusan, RN, CDE - Ext: 4529

Thank you for your interest in fighting diabetes!

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Dear Veteran,

Please take the attached Prediabetes Screening Test to find out if you are at risk for developing Diabetes. Serious complications caused by diabetes are heart disease, stroke, kidney damage, nerve damage, vision loss and amputations.

The good news is that making some important lifestyle changes including managing your weight, diet and increasing your physical activity can help delay or prevent diabetes.

After you take the attached screening test, please discuss your results with your primary care provider, the Diabetes Nurse Practitioner (Marisa Wallace), or the Diabetes Nurse Educator (Joyce Lusan).

If your results show that you are at risk, take the first important step by REGISTERING in the Diabetes Prevention Clinic where you will receive education and coaching to help keep diabetes away.

Please call (212) 686-7500 Extensions 5700, 5730 or 5760 to make an appointment for the Diabetes Prevention Clinic.

For more information please contact:
Michael Bergman, MD, FACP (Acting Section Chief, Endocrine Division)
Marisa Wallace, DNP - Ext: 4780
Joyce Lusan, RN, CDE - Ext: 4529

Thank you for your interest in fighting diabetes!
**Prediabetes Screening Test**  
adapted from the CDC National Diabetes Prevention Program

**TAKE THE TEST—KNOW YOUR SCORE!**

| Question                                                                 | Yes | No |
|--------------------------------------------------------------------------|-----|----|
| Are you a woman who has had a baby weighing more than 9 pounds at birth? | 1   | 0  |
| Do you have a sister or brother with diabetes?                           | 1   | 0  |
| Do you have a parent with diabetes?                                      | 1   | 0  |
| Find your height on the chart. Do you weigh as much as or more than the weight listed for your height? | 5   | 0  |
| Are you younger than 65 years of age and get little or no exercise in a typical day? | 5   | 0  |
| Are you between 45 and 64 years of age?                                  | 5   | 0  |
| Are you 65 years of age or older?                                        | 9   | 0  |

**Total Score**

**At-Risk Weight Chart**

| Height (inches) | Weight (pounds) | Height (inches) | Weight (pounds) |
|-----------------|-----------------|-----------------|-----------------|
| 4'10"           | 129             | 5'7"            | 172             |
| 4'11"           | 133             | 5'8"            | 177             |
| 5'0"            | 138             | 5'9"            | 182             |
| 5'1"            | 143             | 5'10"           | 188             |
| 5'2"            | 147             | 5'11"           | 193             |
| 5'3"            | 152             | 6'0"            | 199             |
| 5'4"            | 157             | 6'1"            | 204             |
| 5'5"            | 162             | 6'2"            | 210             |
| 5'6"            | 167             | 6'3"            | 216             |

|                  |                  |                  |
|------------------|------------------|------------------|
|                  |                  |                  |

**IF YOUR SCORE IS 3 TO 8 POINTS:** This means your risk is probably low for having prediabetes now. Keep your risk low. If you’re overweight, lose weight. Be active most days, and don’t use tobacco. Eat low-fat meals with fruits, vegetables, and whole-grain foods. If you have high cholesterol or high blood pressure, talk to your health care provider about your risk for type 2 diabetes.

**IF YOUR SCORE IS 9 MORE POINTS:** This means your risk is high for having prediabetes now. Please make an appointment with the Diabetes Prevention Clinic.

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You are cordially invited to attend an information session on:

**Prediabetes**

*Place:* Atrium A, Manhattan Campus  
*Date:* January 19, 2016  
*Time:* 12:00 noon - 1:00PM

**Learn how:** Managing your weight  
Improving your diet  
Increasing your exercise  
help to prevent or delay  
**diabetes**  
**and its serious health complications**

Presentation given by:  
Dr. Michael Bergman, MD, FACP  
Director: NYU Diabetes Prevention Program  
Acting Section Chief: Endocrinology, Diabetes, Metabolism  
at  
VA New York HHS, Manhattan Campus
SUPPLEMENTARY DATA

CC: ------

HPI:  

LIFE-STYLE ASSESSMENT

(1) Exercise
   (1a) type:
   (1b) amount: min/day: days/wk:

(2) Meals: Breakfast Lunch: Dinner:

(3) Snacks:

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- Recent weight loss:
- Recent weight gain:
- Polyuria
- Nocturia
- Infections
- Blurred vision
- Foot lesions
- Dental
- Sleep apnea (OSA)
- Hypogonadism
- PCOS

COMPLICATIONS:

(1) Ophthalmology:
   (a) date of last exam
   (b) findings

(2) Renal
   (a) creatinine
   (b) microalbumin
      (1) when checked
      (2) results
   (c) ACE-I

(3) CVD
   (a) angina
   (b) CHF
   (c) Cardiology
      (1) EKG
      (2) ETT
      (3) CATH
      (4) CABG
   (d) PVD
   (e) amputation
   (f) CVA
   (g) HLD
   (h) HTN

(4) Podiatry
   (a) date of last exam
   (b) findings

(5) Neuropathy
   (a) peripheral
   (b) autonomic
      (2) gastroparesis
      (3) orthostatic
   (c) ED

(6) Depression

Medical History:

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Surgical History:

====================================

Medications:

=================
Allergies:

Family History:

Mother:
Father:
Siblings:
Children:
Other relatives:

Review of Systems:

General
Skin:
HEENT:
Respiratory:
Hematologic:
Cardiovascular:
Endocrine:
Gastrointestinal:
Urologic:
Psychiatric:
Neurologic:

PHYSICAL EXAM:

VITAL SIGNS:

BLOOD PRESSURE = PULSE = WEIGHT =
HEIGHT = TEMP = |BMI|

GEN:
SKIN: acanthosis:
HEENT
Thyroid
NECK
CV
LUNGS
ABD
EXTR
  pulses
  edema
  lesions
  nails
  sensation monofilament

Labs:

Problem List:

Assessment/Plan

HgA1c, Lipid profile, CBC, CMP, UA, Microalbumin, TSH, OGTT, insulin, LFTs (+GGTP)

RD referral