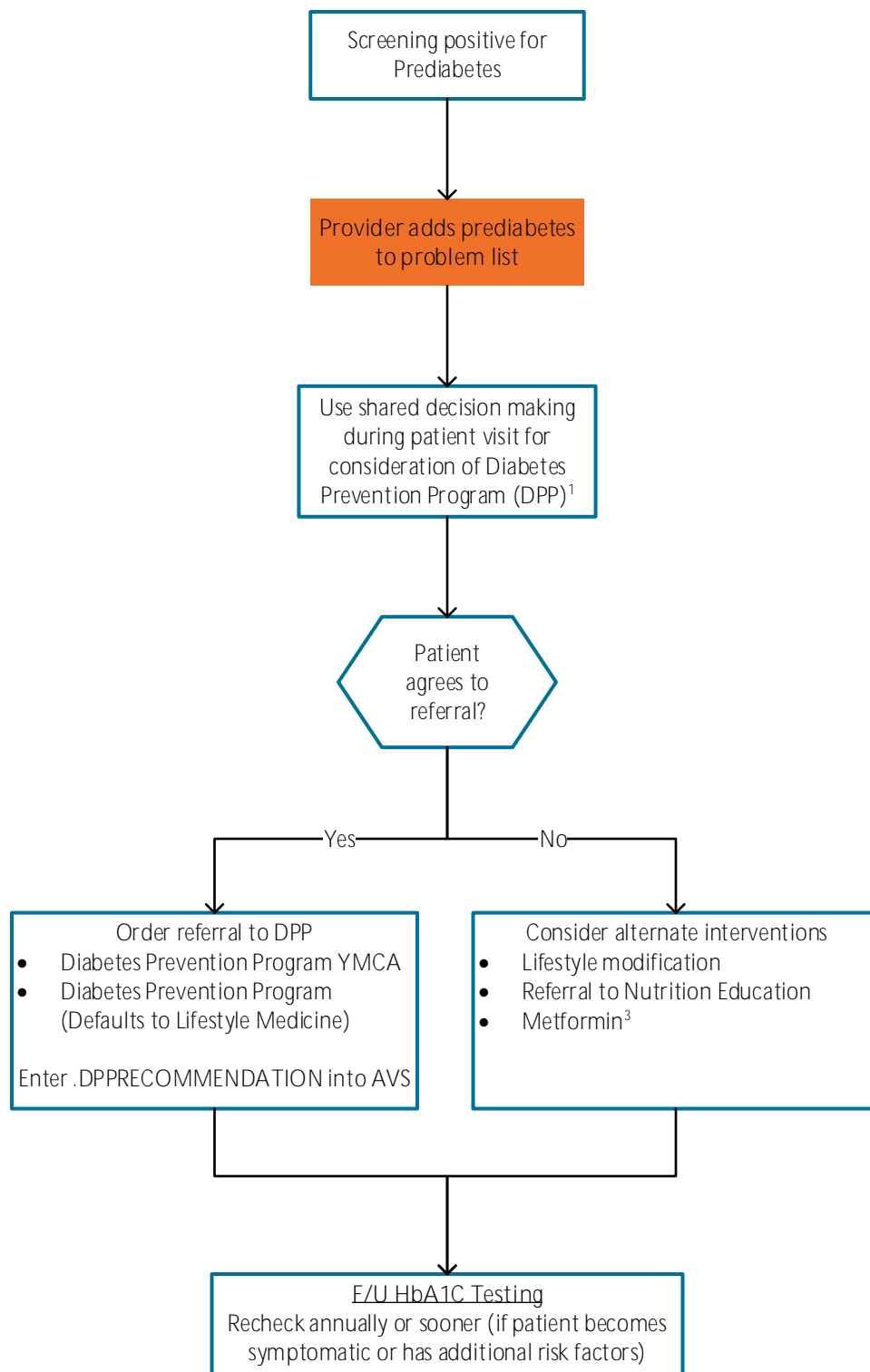


UW Medicine | VALLEY MEDICAL CENTER

Ambulatory Care Pathway: Prediabetes



1. Diabetes Prevention Program (DPP)

1. Eligibility Criteria

- Be at least 18 years old and be overweight or obese (BMI ≥ 25 ; ≥ 23 if Asian) *and*
 - Have a blood test in the prediabetes range within the past year
 - HbA1C: 5.7-6.4%
 - FPG: 100-125 mg/dl
 - 2 hr PPG: 140-199 mg/dl
 - OR history of gestational diabetes
- Have no previous dx of diabetes

2. Program Options: YMCA or Lifestyle Medicine

Utilize .DPPFLYER for patient education flyer related to program specifics and differences

3. Program Goals:

- Achieve and maintain a 7% weight loss
- Increase physical activity to 150 min/week

2. Lifestyle Modification

Increase moderate intensity physical activity such as brisk walking to 150 mins/week
Balanced diet with lean protein, low moderate carbohydrates, plenty of non-starchy veggies

3. Indications for Starting Metformin

- BMI ≥ 35 kg/m²
- Worsening glycemia
- No improvement within 3-6 months of initiating lifestyle modification and worsening A1C
- h/o CVD
- h/o GDM