# GUIDELINE NOTE 179, DIABETES PREVENTION PROGRAM

Line 3

Prediabetes (R73.03) and personal history of gestational diabetes (Z86.32) are included on this line only for the Diabetes Prevention Program (DPP). The only programs included are CDC-recognized lifestyle change programs for DPP.

To be eligible for referral to a CDC-recognized lifestyle change program, patients must meet ALL of the following requirements (A-E):

1. Be at least 18 years old; AND
2. Be overweight (body mass index ≥25; ≥23 if Asian; BMI percentile ≥85th percentile for 18-19 years old); AND
3. Have no current diagnosis of type 1 or type 2 diabetes; AND
4. Not have end-stage renal disease; AND
5. Meet one of the two criteria below:
   1. Have a blood test result in the prediabetes range within the past year:
      1. Hemoglobin A1C: 5.7%–6.4% or
      2. Fasting plasma glucose: 100–125 mg/dL or
      3. Two-hour plasma glucose (after a 75 gm glucose load): 140–199 mg/dL or
   2. Have a previous diagnosis of gestational diabetes