

# Diabetes Care Guideline Checklist Clinicians Level 2



## The current state of the issue

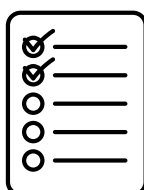
Diabetes is a chronic disease that often results in elevated blood sugar which over time leads to serious health complications such as heart disease, vision loss, and limb amputation.<sup>1</sup> Diabetes is the 7th leading cause of death for Washingtonians.<sup>2</sup> Individuals across the age spectrum can be diagnosed, with a diagnosis among youth becoming more prevalent.<sup>3</sup> There are different types of diabetes. These guidelines focus on Types I, II, and prediabetes. One in five Americans are unaware they have diabetes and eight in ten are unaware they have pre-diabetes, with similar rates in Washington state.<sup>4</sup> Currently, Washington state performs below the NCQA 25th percentile for blood sugar testing for people with diabetes with disparities by race, ethnicity, and payor status.<sup>5</sup>

### For all patients

- ☐ Refer to behavioral health professional when appropriate and facilitate their inclusion in the care team when applicable.

### For all patients at risk for diabetes or with prediabetes

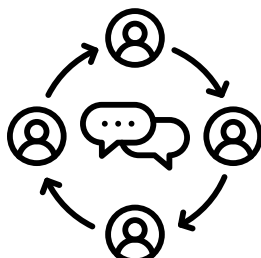
- ☐ Develop a management plan and person-centered goals to delay progression of prediabetes to diabetes, including plan for glycemic monitoring and pharmacologic management.



- ☐ For patients with obesity, consider referral to intensive multicomponent behavioral therapy for weight management per most recent guidelines (e.g. [USPSTF guidelines](#)).
- ☐ For patients with overweight or obesity not reaching weight loss goals, reevaluate therapies and intensify treatment with additional approaches (e.g., metabolic surgery, additional pharmaceuticals and structured lifestyle management programs).

## For all patients with diabetes

- ☐ Communicate diabetes management plan and any changes with the broader care team, including involved specialists, case managers or care coordinators, and community health workers, especially during the initial referral.



- ☐ Use a system to track and address gaps in care for patients with diabetes

## Resources

- The Bree Report on Diabetes Care is meant to supplement these resources.
- Full Bree Report on Diabetes Care: [https://www.qualityhealth.org/bree/wp-content/uploads/sites/8/2024/01/Diabetes-Report\\_Draft-23-FINAL-0124.pdf](https://www.qualityhealth.org/bree/wp-content/uploads/sites/8/2024/01/Diabetes-Report_Draft-23-FINAL-0124.pdf)
- American Diabetes Association: <https://diabetes.org/tools-resources>
- WA DOH Diabetes Prevention and Management <https://doh.wa.gov/public-health-healthcare-providers/healthcare-professions-and-facilities/patient-care-resources/diabetes-prevention-and-management>
- National Diabetes Prevention Program: <https://www.cdc.gov/diabetes/prevention/index.html>
- Special Diabetes Program for Indians <https://www.ihs.gov/sdpi/>
- YMCA Diabetes Prevention: <https://www.ymca.org/what-we-do/healthy-living/fitness/diabetes-prevention>

**Read the full Bree Report on Diabetes Care online by scanning the QR code:**



**Connect with the Bree Collaborative at [bree@qualityhealth.org](mailto:bree@qualityhealth.org)**

References: 1. American Diabetes Association. The Burden of Diabetes in Washington. ADV. Accessed November 2022. Available at: [https://diabetes.org/sites/default/files/2021-10/ADV\\_2021\\_State\\_Fact\\_sheets\\_Washington.pdf](https://diabetes.org/sites/default/files/2021-10/ADV_2021_State_Fact_sheets_Washington.pdf) 2. Institute for Health Metrics and Evaluation. United States of America - Washington. IHME. Accessed November 2022. Available at: <https://www.healthdata.org/united-states-washington> 3. Centers for Disease Control and Prevention. CDC Study Finds Youth Onset Type 2 Diabetes More Severe in Minority Youth. [Press Release]. Accessed August 24, 2021. Available at: <https://www.cdc.gov/media/releases/2021/p0824-youth-diabetes.html> 4. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2023. Accessed 2023. Available at: <https://www.cdc.gov/diabetes/library/spotlights/diabetes-facts-stats.html> 5. WHA Community CheckUp. 2022. 2022 Community Checkup Report. Washington Health Alliance. Accessed November 2022. Available: <https://www.wacommunitycheckup.org/media/67048/2022-community-checkup-report.pdf>