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**Everyone has a role in *Prevent Diabetes: STAT***

* CDC and AMA launch new resources

In the United States, 86 million adults have prediabetes, which means it is likely that you, your family members, co-workers and friends may be impacted by a common but treatable condition. To help improve the health of the nation, you can take advantage of new tools and resources from the Centers for Disease Control and Prevention (CDC) and the American Medical Association (AMA).

On March 12, 2015, the CDC and AMA launched a national, multi-year initiative called “*Prevent Diabetes* ***STAT*** *-* ***S****creen,* ***T****est,* ***A****ct -* ***T****oday*™.” The goal of *Prevent Diabetes STAT* is to raise awareness about prediabetes and to increase screening, testing and referral to evidence-based diabetes prevention programs that are part of the [CDC’s National Diabetes Prevention Program](http://www.cdc.gov/diabetes/prevention).

People with prediabetes have higher-than-normal blood glucose levels but not high enough yet to be considered type 2 diabetes. Research shows that 15 percent to 30 percent of overweight people with prediabetes will develop type 2 diabetes within five years unless they lose weight through healthy eating and increased physical activity.

As an immediate result of this initiative, CDC and AMA have developed a suite of resources to help stakeholders *Prevent Diabetes: STAT*.

* First, a [*Prevent Diabetes STAT* Web site](http://www.preventdiabetesstat.org/), was created and provides helpful information and tools for healthcare providers, state and local health departments, patients, employers, insurers, and community organizations.  The Web site also includes brief videos to inform stakeholders about the National Diabetes Prevention Program, a link to organizations delivering CDC-recognized diabetes prevention programs (in-person and virtual) by state, and an online screening tool to help people determine their own risk for having prediabetes. Visitors are encouraged to [take the risk test](http://www.cdc.gov/diabetes/prevention) and encourage colleagues, family members and patients to *Prevent Diabetes STAT*.
* Second, a [toolkit](http://www.ama-assn.org/sub/prevent-diabetes-stat/toolkit.html) was developed to serve as a guide for health care providers on the best methods to screen and refer high-risk patients to CDC-recognized community based or virtual diabetes prevention programs in their communities. The toolkit also includes a screening tool for [patients](http://www.ama-assn.org/sub/prevent-diabetes-stat/for-the-public.html) (also available [online](http://www.cdc.gov/diabetes/prevention)) to help them determine their risk for having prediabetes.

“Our health care system simply cannot sustain the continued increases in the number of people developing diabetes.” said Dr. Albright, PhD, RD, director of CDC’s Division of Diabetes Translation. “Screening, testing and referring people at risk for type 2 diabetes to evidence-based lifestyle change programs are critical to preventing or delaying new cases of type 2 diabetes.”

This initiative is designed to spark a national, concerted effort to prevent additional cases of type 2 diabetes in our nation – and communicate the urgency of this issue. We have the scientific evidence and we have built the infrastructure to do something about it, but far too few people know they have prediabetes and that they can take action to prevent or delay developing type 2 diabetes.

“Long-term, we are confident that this important and necessary work will improve health outcomes and reduce the staggering burden associated with the public health epidemic of type 2 diabetes,” said AMA President Robert M. Wah, M.D.

*Prevent Diabetes STAT* has the capacity to bring together front-line health care providers, community organizations, health systems, government, employers, insurers, the public and more to turn the tide on this growing public health issue. We know that a person’s health is connected closely with the health of the community.  In addition to focusing on the person with prediabetes or diabetes, we must also engage the systems and communities where people live, work and play. We all must Act – Today.

**We hope you will join us in this critical effort. Everyone can *Prevent Diabetes STAT*!**