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The Need for Improved Testing for and Diagnosis of Prediabetes And Referral to Evidence-based Lifestyle Change Programs

Population Health and Health Equity Panel
Synchronys User Conference



Diabetes Prevention and Control Program
Population and Community Health Bureau
Public Health Division
NM Department of Health

Wayne A. Honey, MPH

September 22, 2022

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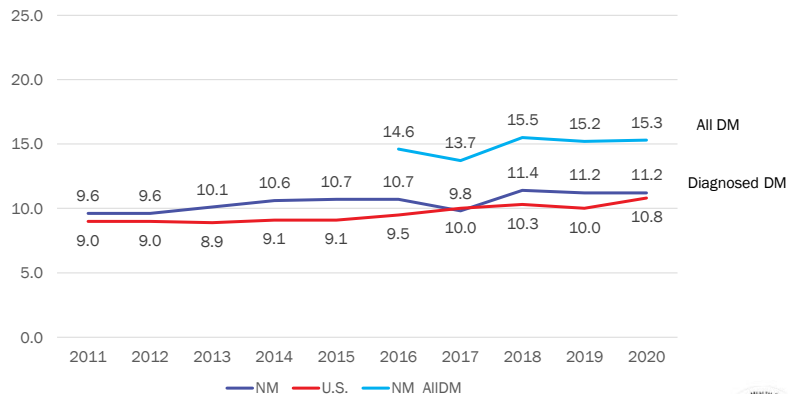


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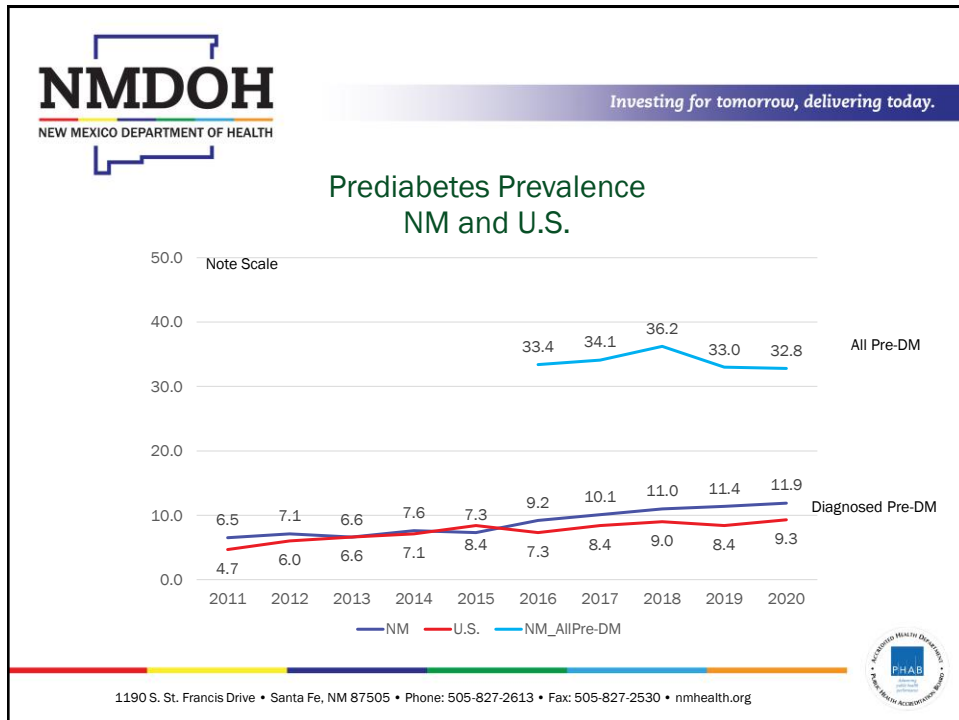
Diabetes Prevalence NM and U.S.



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Blood Glucose Testing in Previous Three Years - 2020	
BG Testing Recommended at least every three years for everyone age 45+ or if less than age 45 and with specific health conditions. BG testing within previous 3 years.	
Age 45+	32.8% Not tested in previous 3 years
Age 45+ with health care coverage	31.8% Not tested in previous 3 years
Age 45+ without health care coverage	43.5% Not tested in previous 3 years
Less than Age 45 and with specific health condition/status	
Obese (BMI 30.0 or more)	44.9% Not tested in previous 3 years
Ever High Blood Pressure	48.5% Not tested in previous 3 years
CVD ... History of MI, CHD, and/or Stroke	41.1% Not tested in previous 3 years
No leisure-time physical activity	59.3% Not tested in previous 3 years

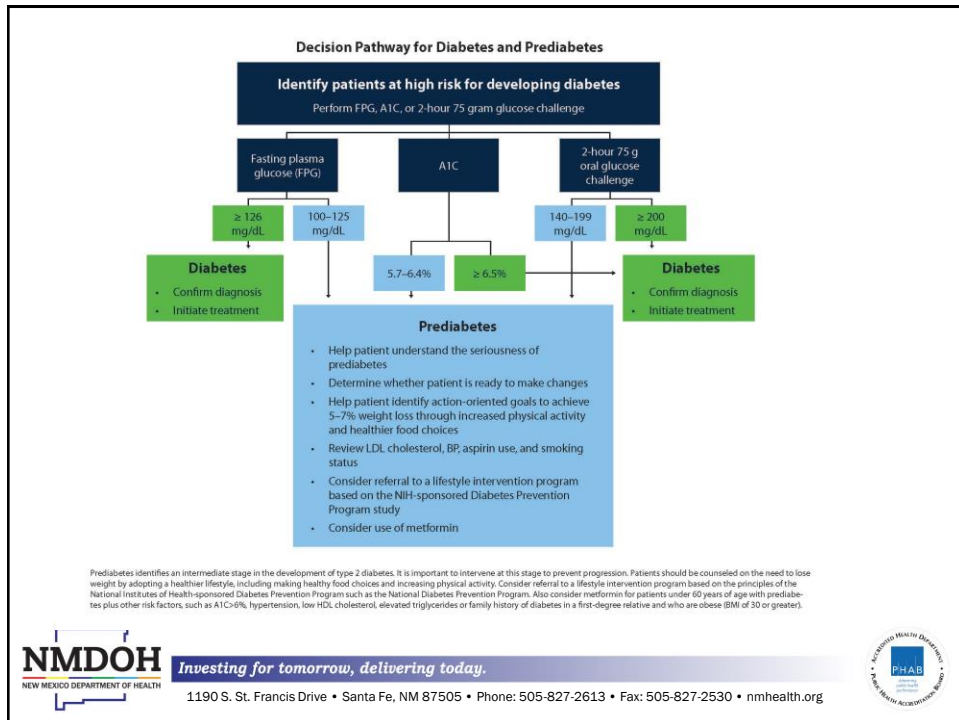
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Moving forward


New Mexico Diabetes Prevention and Control Program continues working to reduce the burden of diabetes and its complications in New Mexico.

Proven prevention and self-management education services.

Community-based and health care system partnerships.


Training for health care professionals.

Tools for a Healthier Living



Paths to Health
Tools for Healthier Living

Web: <https://www.pathstohealthnm.org/>



Caminos de Salud
Técnicas para Vivir Mejor

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Tools for *Healthier* Living

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Paths to Health New Mexico
Quality • Evidence • Health & Wellness Website

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Paths to Health NM: Tools for Healthier Living is an initiative that includes several prevention and self-management programs. These programs are designed to help adults gain the confidence and skills they need to better manage or prevent chronic health conditions or injuries. These programs have been proven to work and improve quality of life.

Technical assistance and funding for *Paths to Health NM* are provided by the *New Mexico Department of Health Diabetes Prevention and Control Program*.

[Learn more about Paths to Health NM Programs >](#)



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Our DPCP Team

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Vacant, Health Educator

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Population and Community Health Bureau
Public Health Division
New Mexico Department of Health

Web
<https://www.nmhealth.org/about/phd/pchb/dpcp/>






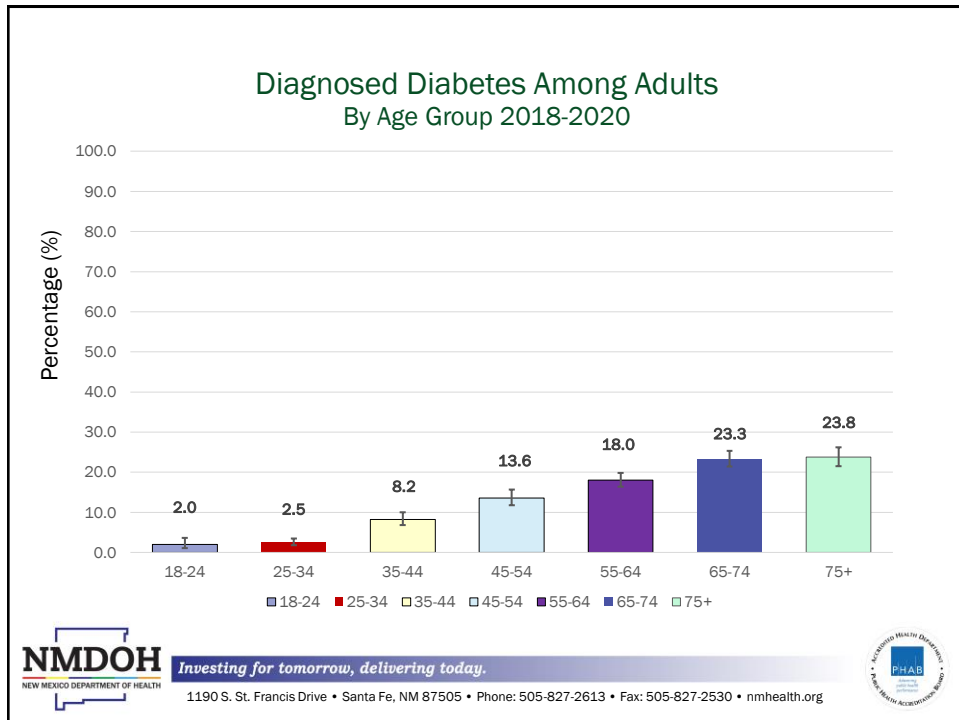
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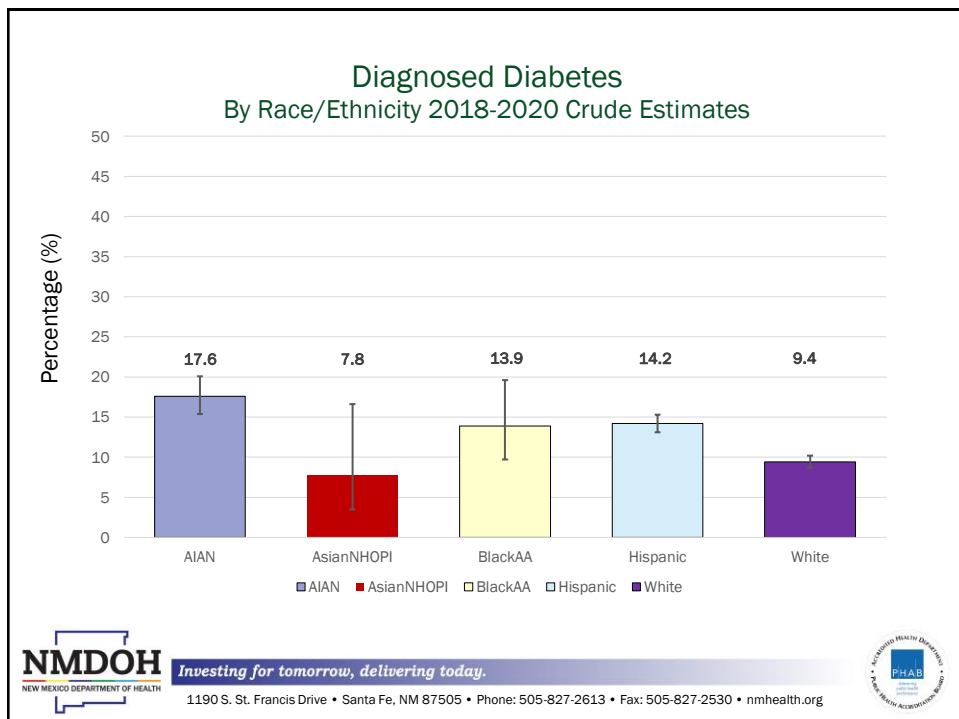
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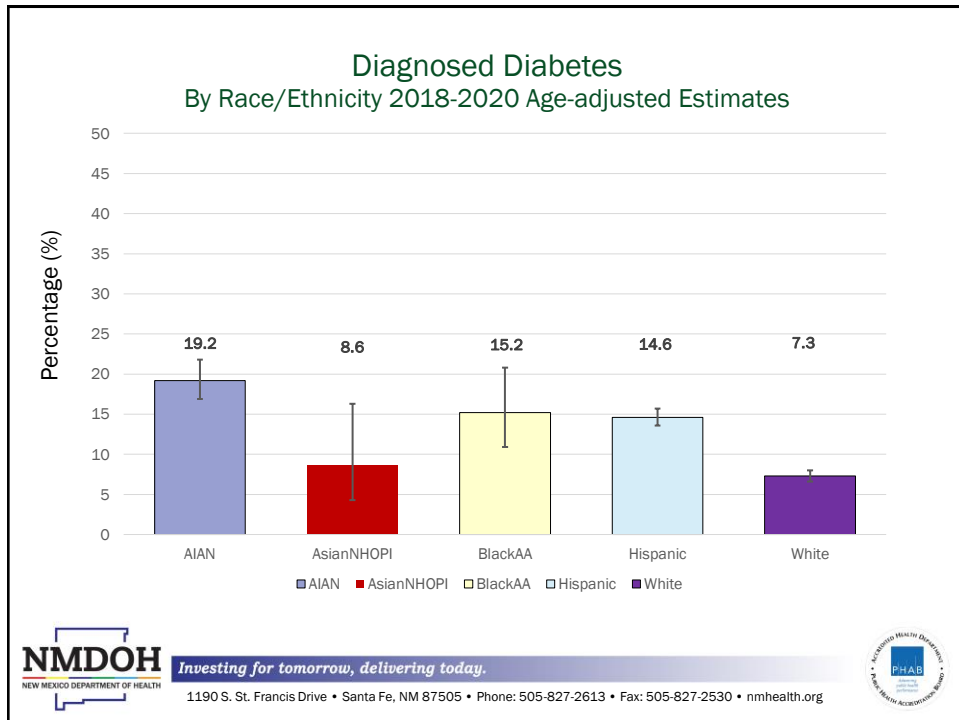
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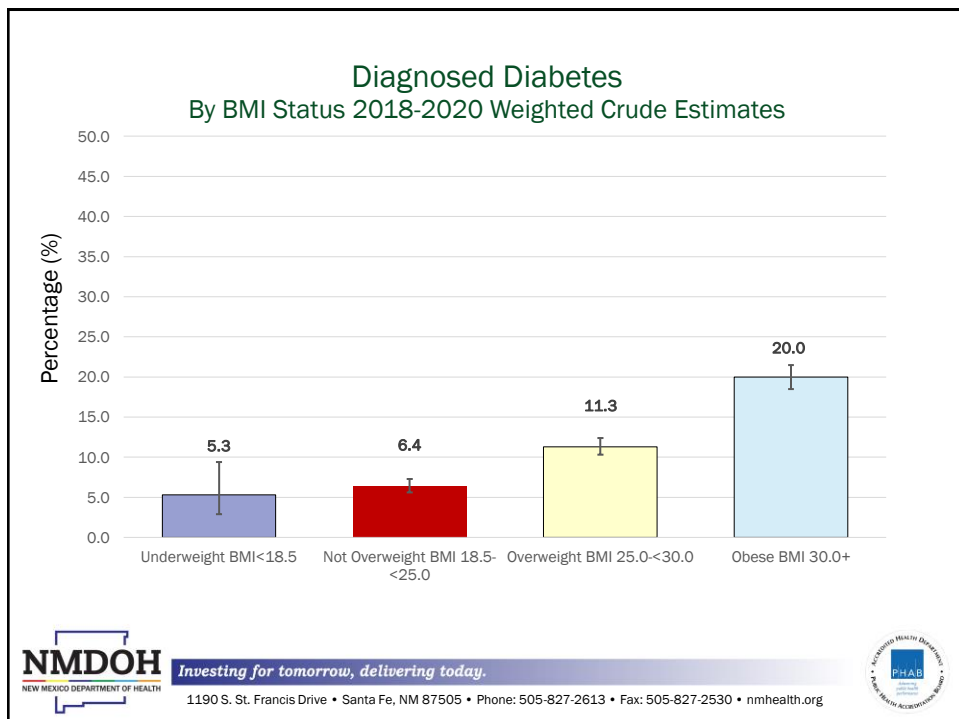
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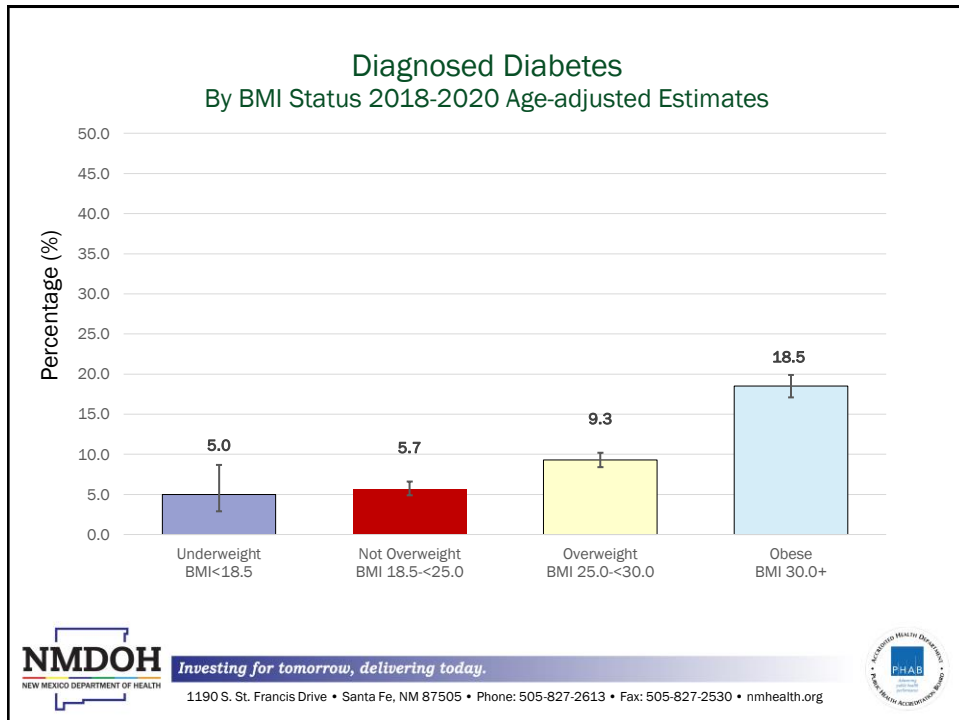
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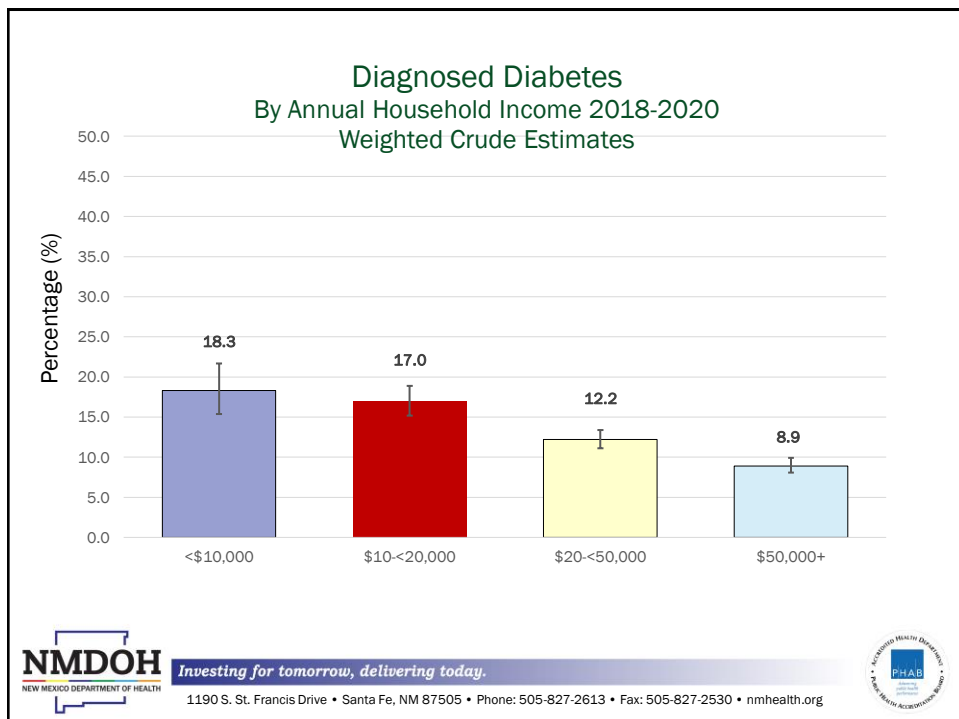
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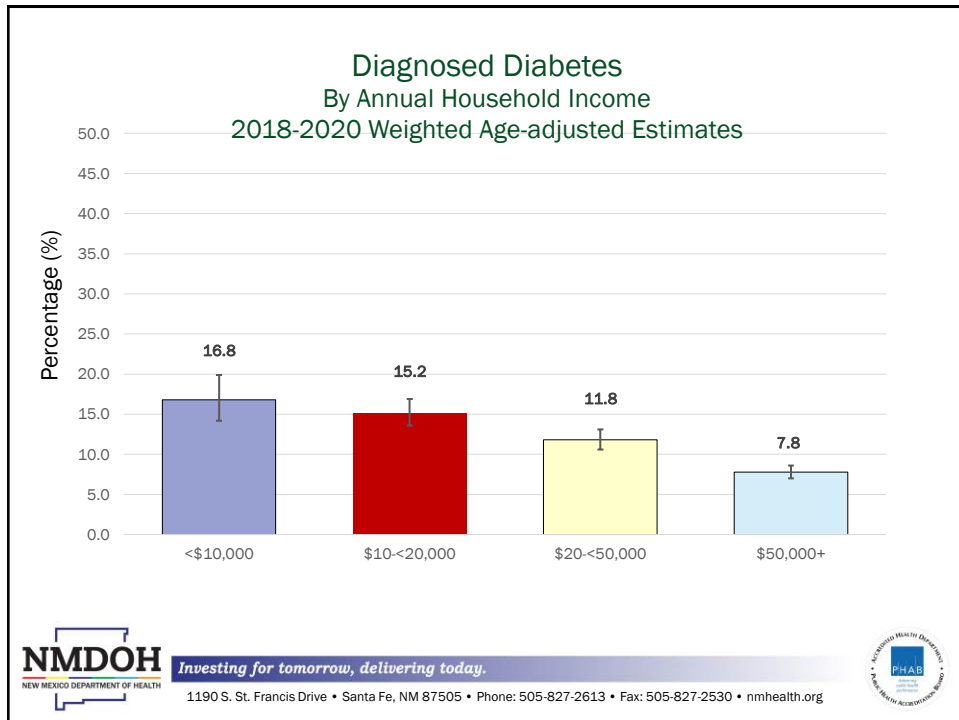
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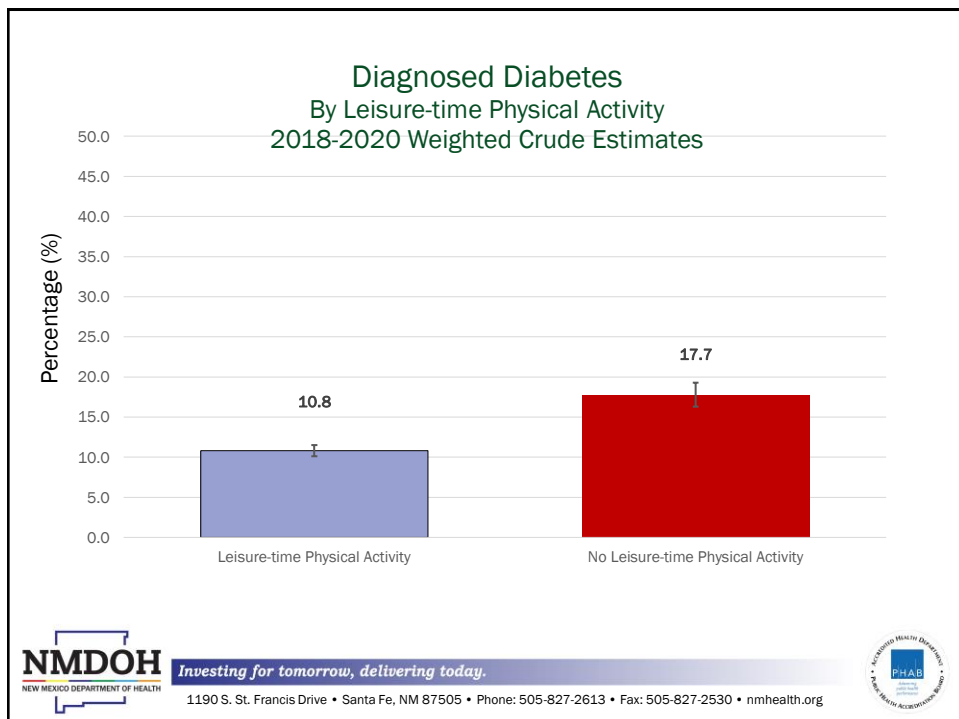
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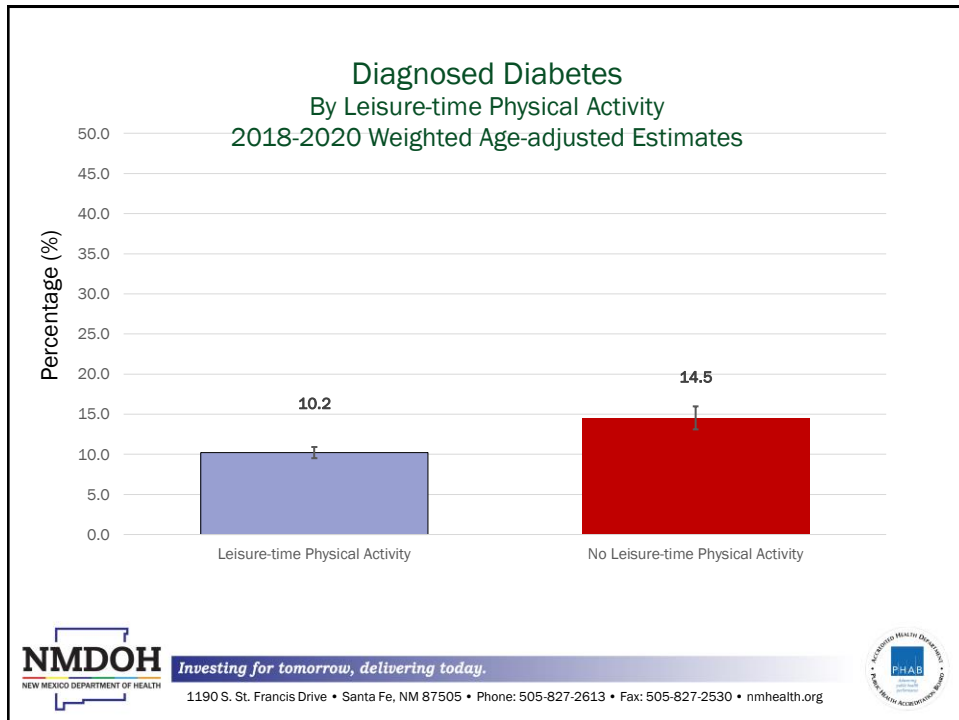
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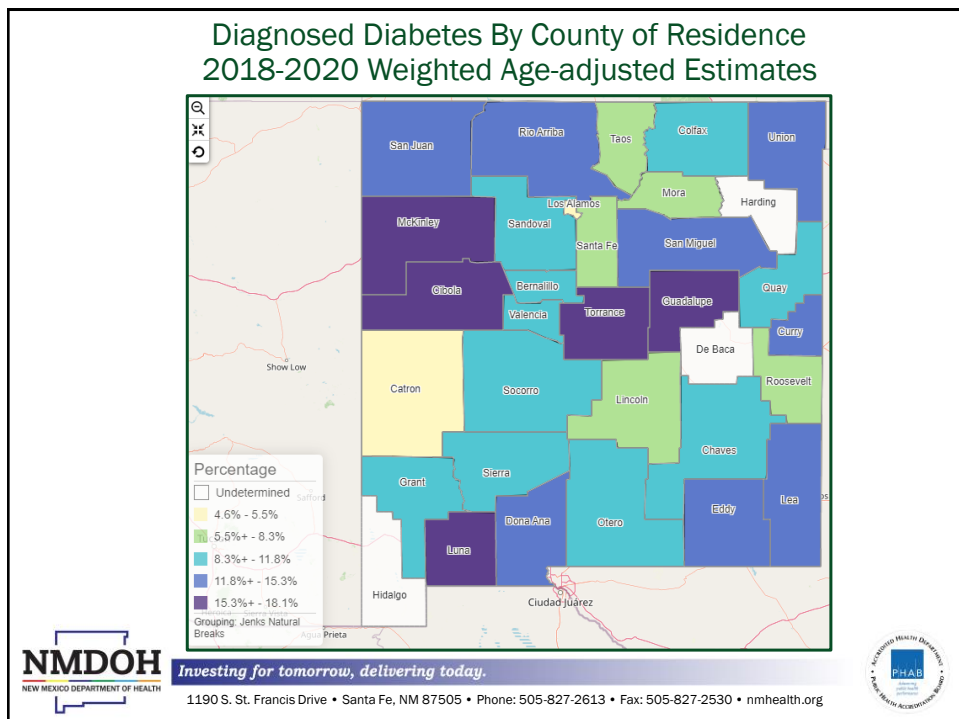
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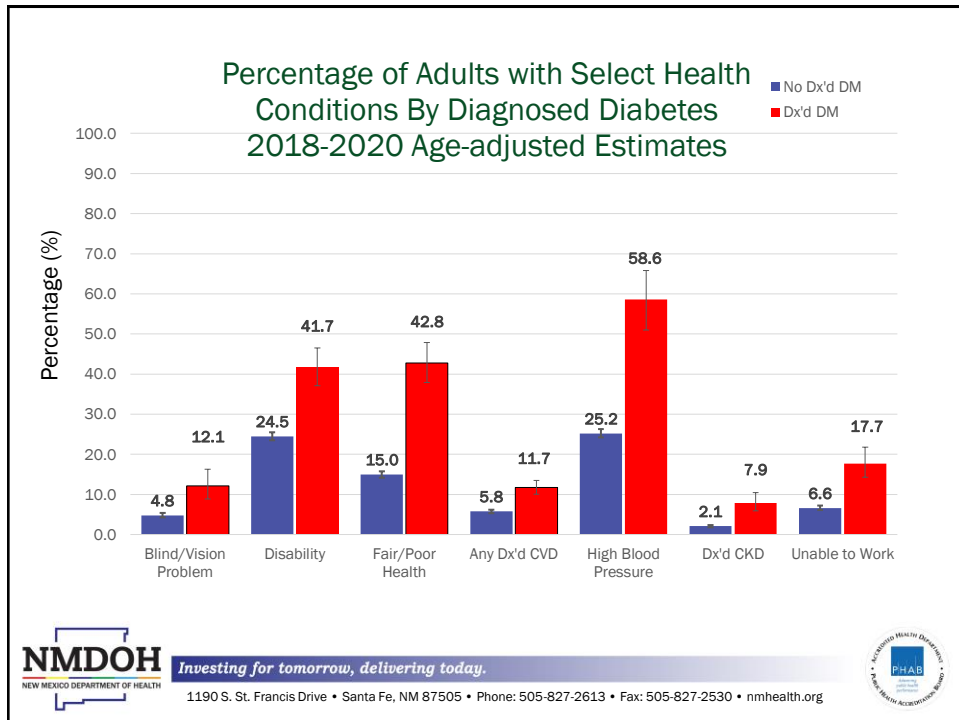
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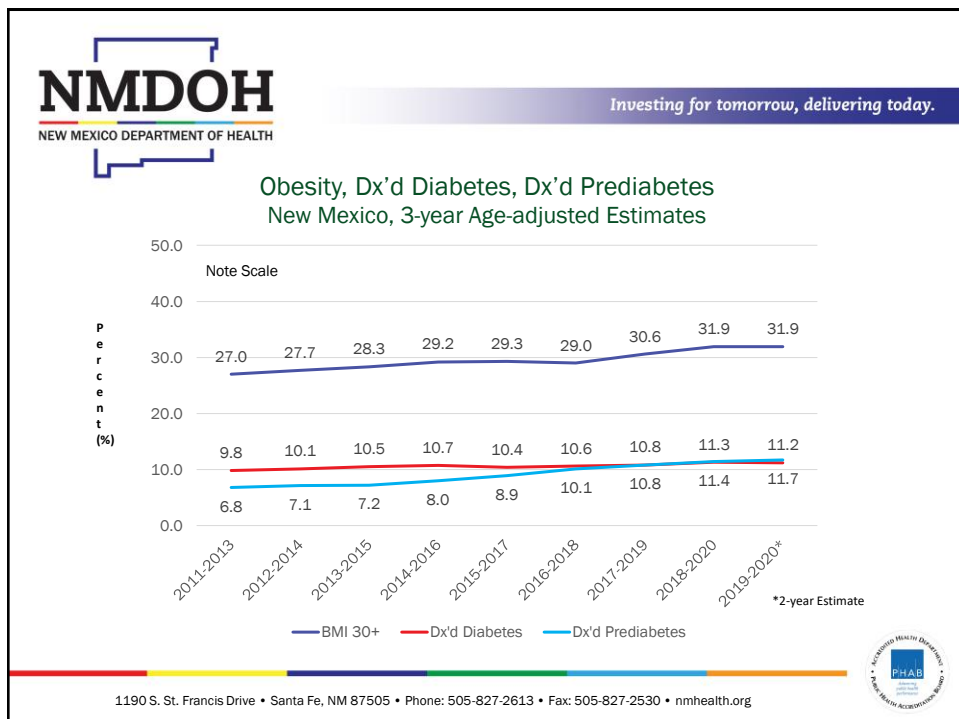
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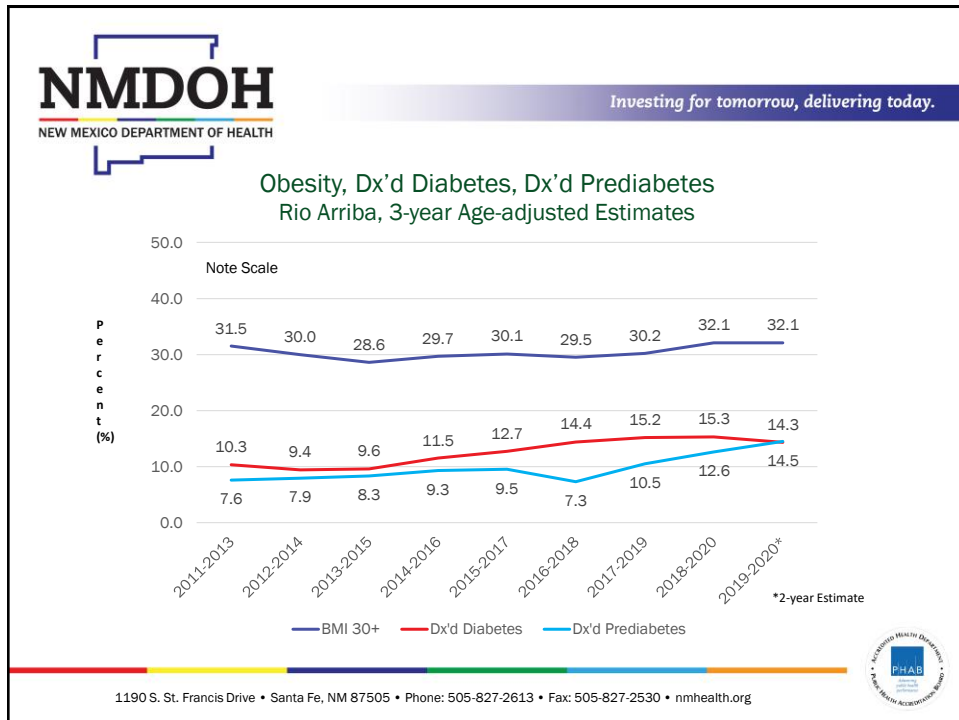
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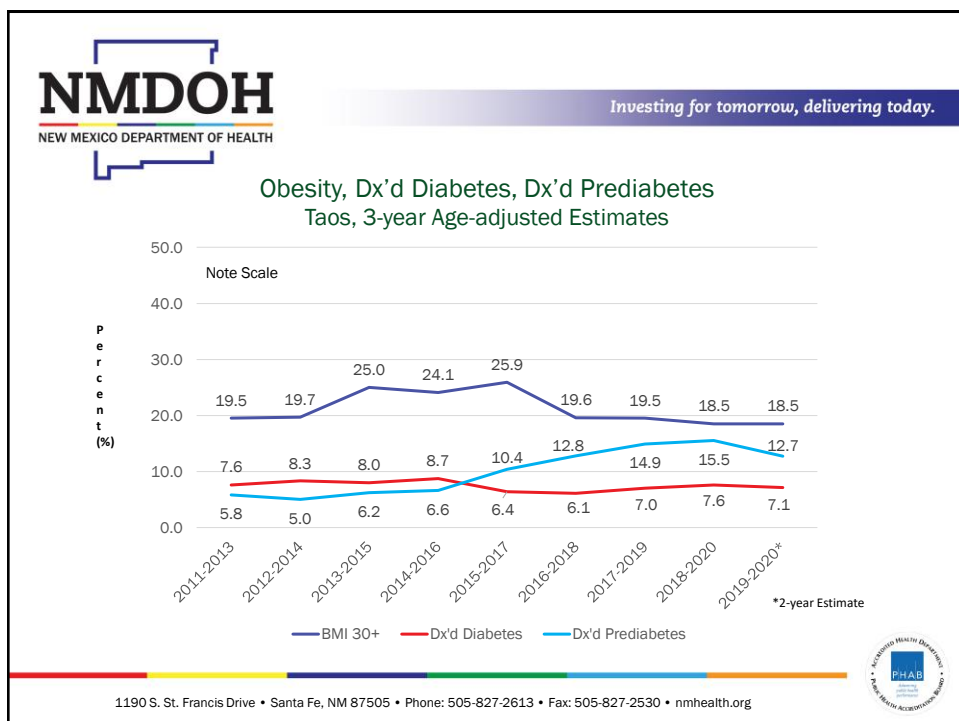
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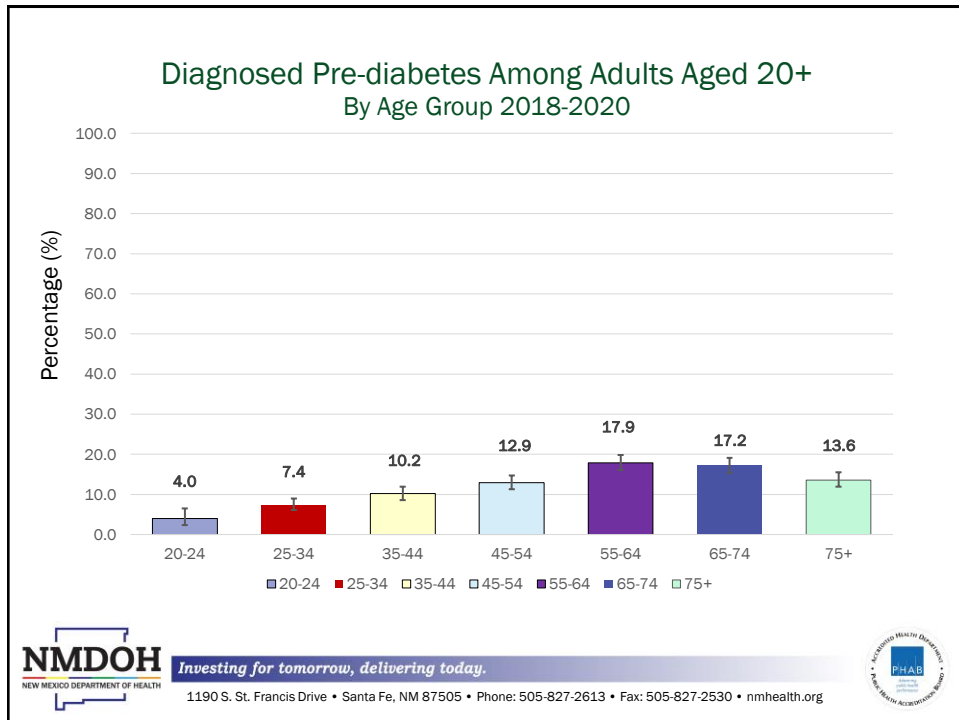
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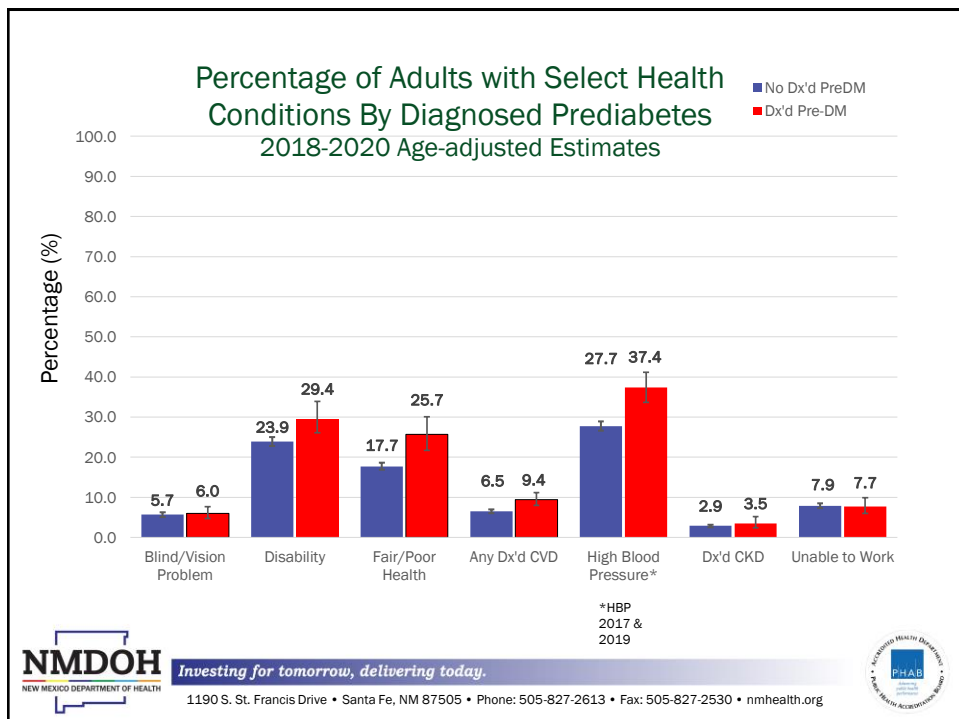
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