

## Evaluating the Effectiveness of a Prediabetes Infographic

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# Evaluating the Effectiveness of a Prediabetes Infographic

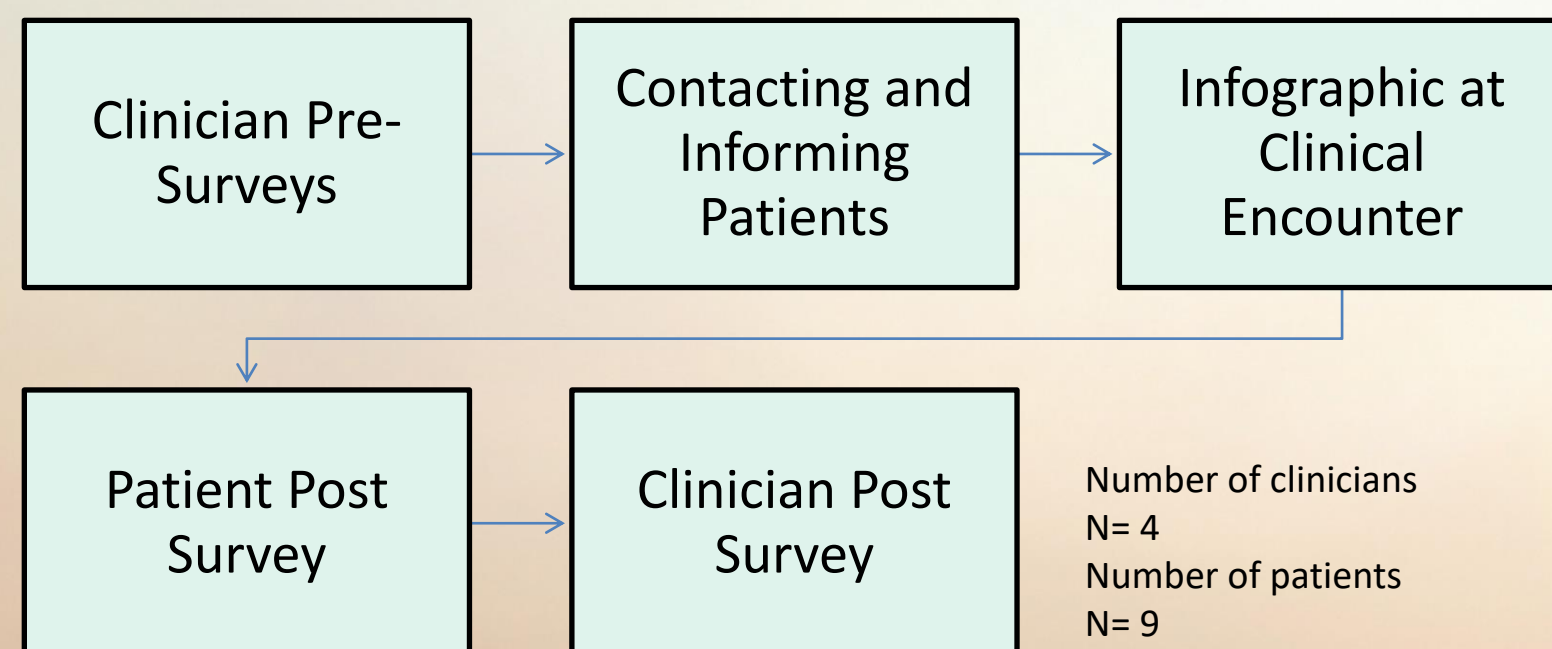
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## Introduction

- Prediabetes: a high-risk state for diabetes.<sup>1</sup>
- Definition: glycemic variables that are higher than normal, but lower than values that constitute a diabetes diagnosis.<sup>1</sup>
- Only 11% of US adults with prediabetes are aware of their diagnosis.<sup>2</sup>
- 1 in 5 adolescents and 1 in 4 young adults have prediabetes in the United States.<sup>3</sup>
- Prediabetes can lead to early forms of nephropathy, chronic kidney disease, small fiber neuropathy, diabetic retinopathy, and macrovascular disease.<sup>1</sup>

## Methods

Our methods followed quality improvement guidelines. Patients were contacted by phone and then given the infographic and survey at their appointment.



## Results

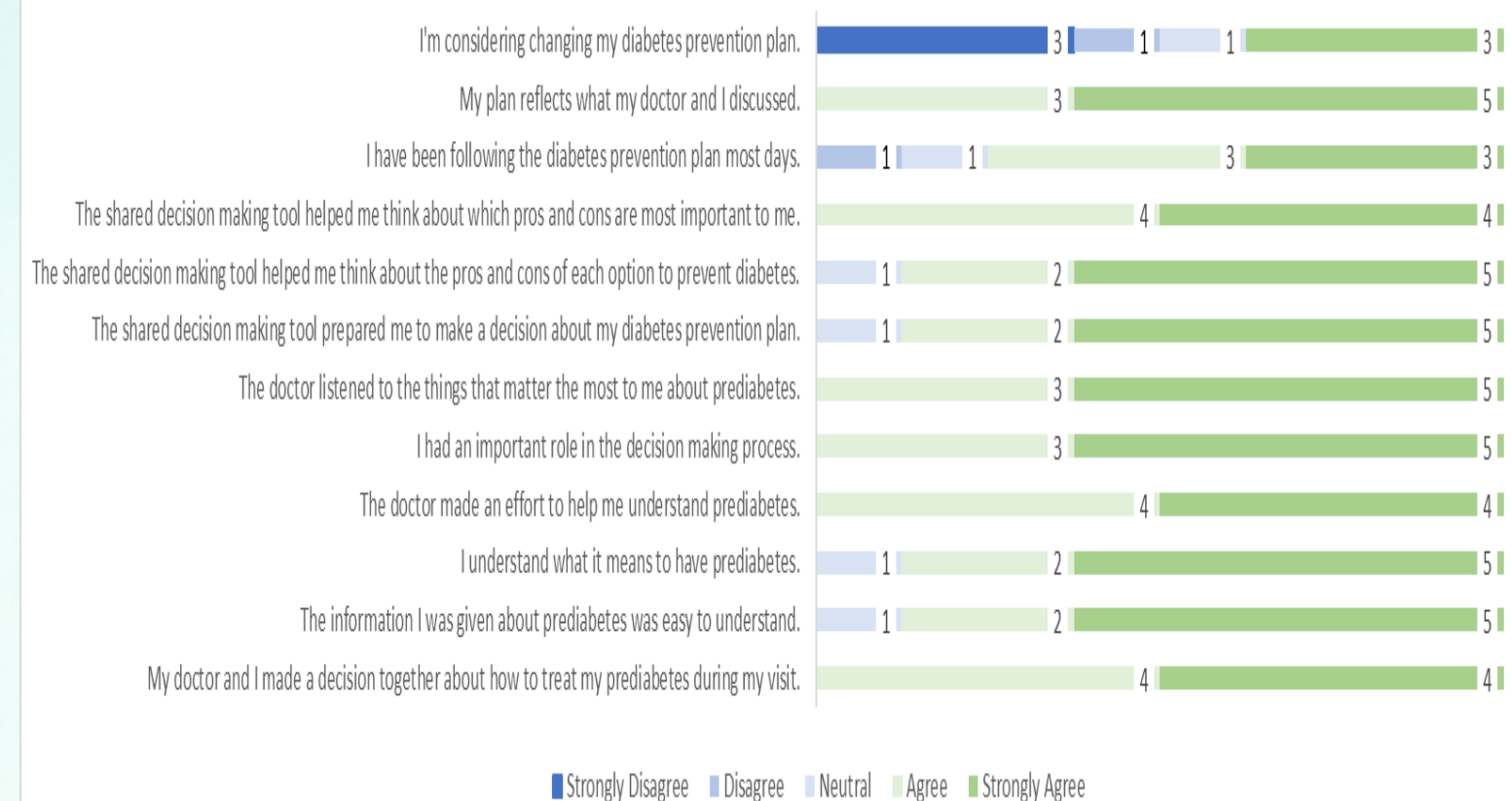


Fig 1. Patient survey data.

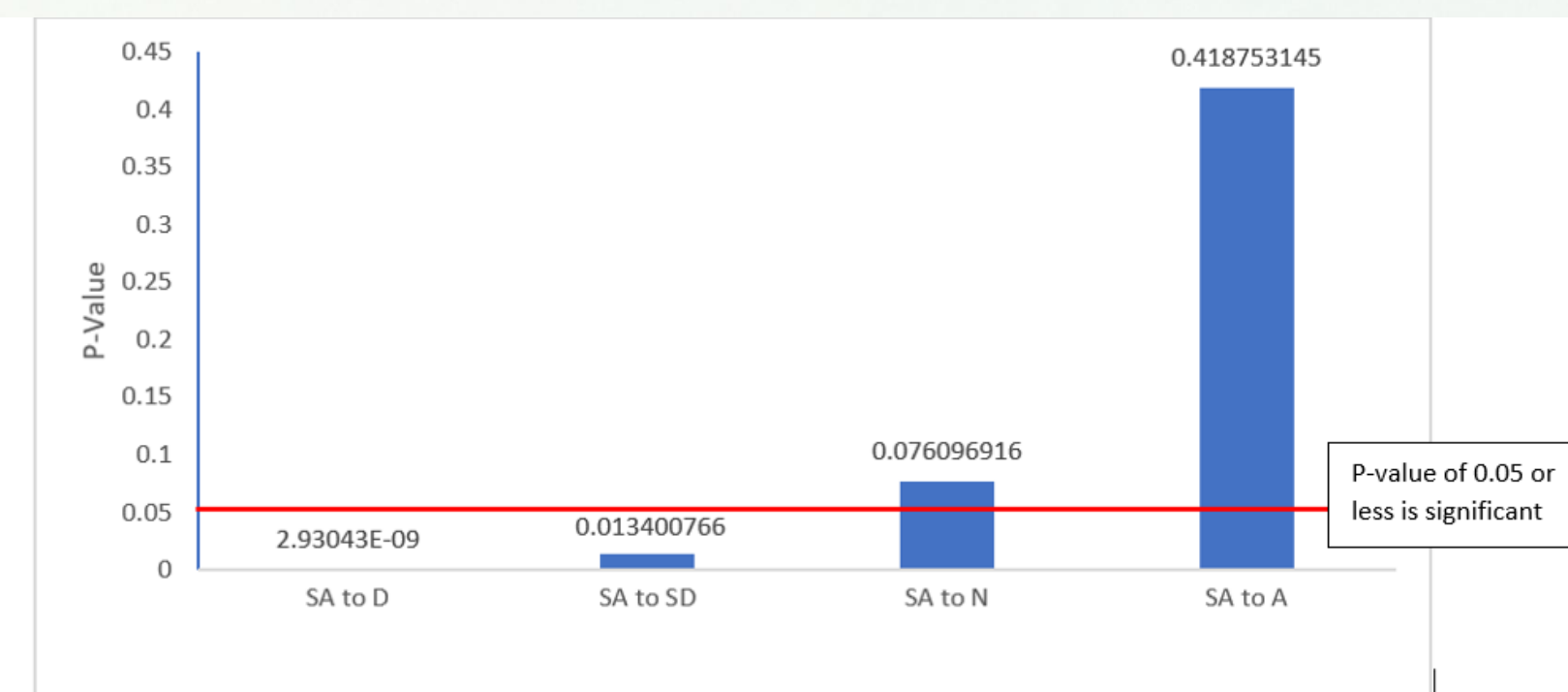


Fig 2. Comparison of survey answers to the strongly agree category.

## Conclusions

A brief office-based prediabetes infographic and decision aid fostered communication between patient and clinician

89.81% of patient feedback was in the agree or strongly agree category.

“This information brought me awareness and I am considering making life changes. It was very helpful.”  
(Participant)

## Future

Step 1 Increase distribution of infographic to more LVHN Family Medicine Locations.

Step 2 Digitize infographic to be available on MyLVHN portal and website to increase accessibility.

Step 3 Continue to develop educational tools that are accessible to the general population.

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### References

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