

Mission:
To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Rick Scott
Governor

Celeste Philip, MD, MPH
State Surgeon General

Vision: To be the Healthiest State in the Nation

PATIENT REFERRAL

From: Provider Stamp/Information or contact phone number:

Patient Label or Information

Name: _____

Address: _____

Phone: _____ Age: _____

Number of pages, including this form: _____

✓ Referral	Program	Special notes
	* Diabetes Self-Management Education Classes (DSME) (Manage Your Diabetes)	Classes are 6-week sessions for patients ≥ 18 years of age
	* † Diabetes Prevention Program (DPP) (Diabetes Risk Reduction and Prevention Course)	16-weekly sessions for patients > 18 years of age and overweight
	** Weight Management Support Groups (GIFT) (GIFT—Get into Fitness Today)	6-12 weekly sessions for patients > 18 years of age and overweight

NO PARTICIPANT CHARGE FOR ANY PROGRAM - Daytime/evening classes/groups held in various community locations (currently offered at no charge to participants)

NOTES FOR REFERRING PROVIDER:

- *** DSME & DPP REFERRALS:** Please fax patient's most recent weight and laboratory results for Hb A1C, Fasting Blood Glucose, and/or Oral Glucose Tolerance to the Florida Department of Health - Hillsborough County along with this Patient Referral Form.
- **† DPP** - if your patient was diagnosed at *Gestational Diabetes Mellitus* in a previous pregnancy, no blood work is required; however, *please note that on this referral form.*
- **** GIFT Referrals:** Patients should have the ability to lose weight. Under-weight, normal weight or pregnant women would not benefit.

Results of laboratory tests and weight will be reviewed by our Registered Dietitian/Certified Diabetes Educator in order to be more informed about the participant prior to class time. This information also provides back-up for national accreditation for our programs.

If you want to consider this a patient order please sign below:

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PROGRAM INFORMATION

Diabetes Self-Management Education Classes

Manage Your Diabetes is a **FREE** Diabetes Self Management Education (DSME) program based on the National Standards for Diabetes Self Management Education. Led by a Certified Diabetes Educator or a licensed healthcare provider the DSME is designed to provide the skills, information and support needed to empower persons with diabetes to better manage their condition. Multiple studies have found that DSME is associated with improved diabetes knowledge and self-care behavior, improved clinical outcomes such as lower A1C, lower self reported weight, improved quality of life, healthy coping and lower healthcare costs.¹

Manage Your Diabetes classes meet once per week for six weeks. During each class a different diabetes self-management topic is featured such as monitoring, healthy eating, or taking medications. A family member or other support person is encouraged, but not required, to attend with participants. This program specifically addresses the needs of those with type 2 diabetes but individuals with type 1 diabetes may also benefit.

Criteria for Program Participation: ~ 18 years of age or older AND ~ Diagnosis of Diabetes

Diabetes Prevention Program

Adopting and maintaining a healthy lifestyle is a proven way to reduce the risk of developing diabetes.^{1,2,3} In fact, research strongly suggests that lifestyle modification be the first choice to prevent or delay diabetes as it offers greater benefits when compared to drug therapy.¹ Additionally, lifestyle change has a variety of other health benefits and health care providers are encouraged to make such recommendations.

Our Diabetes Prevention Program is based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, which showed that by eating healthier, increasing physical activity, and losing a small amount of weight, a person with pre-diabetes can prevent or delay the onset of type 2 diabetes by 58%.¹ The evidence-based goals for this program include reduction of weight by 7% and increased physical activity to 150 minutes per week.

This **FREE** 12-month program begins with 16 weekly one-hour core sessions, followed by monthly sessions geared towards maintaining progress. A trained Lifestyle Coach will help and support participants to **make and sustain** lifestyle changes to prevent type 2 diabetes. Participants will learn strategies for healthy eating, being active, and dealing with day to day situations. Additionally, they will receive tools to help them monitor activity patterns and eating habits to assist them in achieving long-term success.

Criteria for Program Participation:

- **BMI ≥ 24** (≥ 22, If Asian)
- 18 years of age or older
- Blood-based diagnostic test:
 - ~ A1c: **5.7 - 6.4%**
 - ~ Fasting Plasma Glucose: **100-125mg/dL**
 - ~ 2-hour (75 gm glucose load) Plasma Glucose: **140-199 mg/dL**
 - ~ Clinically diagnosed / self-reported Gestational Diabetes Mellitus in prior pregnancy

1) American Diabetes Association. (2012). Standards of medical care in diabetes 2012. Diabetes Care 35 S11-S63.

2) Knowler WC, Barrett-Connor E, Fowler SE, et al; Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002 Feb 7;346(6):393-403.

3) Knowler WC, Fowler SE, Hamman RF, et al; Diabetes Prevention Program Research Group. Ten-year followup of diabetes incidence and weight loss in the Diabetes Prevention Program Outcomes Study. Lancet. 2009 Nov 14;374(9702):1677-86.

4) Florez H, Pan Q, Ackermann RT, Marrero DG, Barrett-Connor E, Delahanty L, Kriska A, Saudek CD, Goldberg RB, Rubin RR; Diabetes Prevention Program Research Group. Impact of Lifestyle Intervention and Metformin on Health-Related Quality of Life: the Diabetes Prevention Program Randomized Trial. J Gen Intern Med. 2012 Jun 13; online first.