

COVID-19 and Diabetes

The Role Physicians and Health Care Professionals Play in Prevention

In the current context of COVID 19, accurate diagnosis and treatment of diabetes has become more imperative than ever. While there is not sufficient data to suggest that people with diabetes contract COVID 19 at a higher rate, recent research shows people with diabetes and uncontrolled hyperglycemia are more likely to have serious complications from COVID-19, including longer hospital stays and death.ⁱ

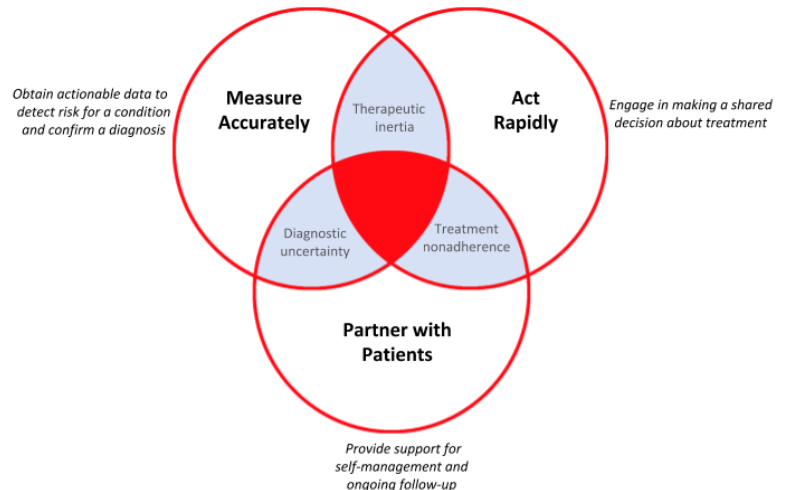
Physicians and health care professionals have the tools needed to reduce their patient’s risk of diabetes related complications and to help prevent type 2 diabetes.

Diabetes is on the rise. Among Kentucky adults it has increased to almost 13%. The prevalence in Appalachia is at 17% and the prevalence in some places, like West Louisville, can be as high as 32%. One in three American adults have prediabetes while 80% of these don’t know it.ⁱⁱ

- The American Medical Association and the Centers for Disease Control and Prevention developed the **STAT toolkit (Screen/Test/Act Today)** to help health care teams screen, test and refer at risk patients to in-person or online diabetes prevention programs.

Link to STAT: <https://preventdiabetesstat.org/>

- The American Medical Association has also developed the “**M.A.P.**” **framework** to approach diabetes prevention, which provides a guideline to help physicians accurately diagnose and treat chronic diseases such as diabetes effectively: **Measure accurately, Act rapidly, Partner with patients, families and communities.**



Link to M.A.P.:

<http://www.amapreventdiabetes.org/clinical-overview>

ⁱ -Coronavirus Disease 2019 (COVID-19). (2020 April 17). Groups at Higher Risk for Severe Illness. Centers for Disease Control and Prevention. Available from <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html#diabetes>.

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-Petrilli, C., Jones, S., Yang, J., Rajagopalan, H., O’Donnell, L., Chernyak, Y., et. al. (2020 April 8). Factors associated with hospitalization and critical illness among 4,103 patients with COVID-19 disease in New York City. medRxiv. Preprint.

ⁱⁱ <https://www.cdc.gov/diabetes/prevention/about-prediabetes.html>