



Recommendation Form for the
National Diabetes Prevention Program

This is a recommendation for an adult patient to participate in the lifestyle change program recognized or pending recognition by the Centers for Disease Control and Prevention as a part of the National Diabetes Prevention Program.

I am recommending: _____
(Patient First Name) (MI) (Last Name)

enroll in the National Diabetes Prevention Program lifestyle change program based on the following eligibility criteria:

- 18 years or older
- BMI ≥ 24 kg/m² (≥ 22 if Asian)
- Diagnosis of prediabetes or GDM based on (check one or more)
 - Fasting blood glucose (range 100-125 mg/dl)
 - 2-hour glucose (range 140-199 mg/dl)
 - HbA1c (range 5.7-6.4)
 - Previous GDM (may be self-reported)

Health Care Provider Information (May use stamp or label)

Signature: _____ Date: _____

Name: _____

Address: _____

Phone: _____

Note to Provider:

1. Give this completed form to the patient.
2. Ask the patient to contact and enroll in one of the local CDC Recognized Diabetes Prevention Programs (listed on the back side of this form).
3. Make a copy of this form for your records, if needed.

Notice:

This CDC DPP Referral Form has been adapted to include KY sites by the Kentucky Diabetes Prevention and Control Program of the KY Department for Public Health, January 2014.

OVER

Kentucky's CDC Recognized Diabetes Prevention Program (DPP) Sites

PATIENT INSTRUCTIONS:

- Choose one of the KY DPP sites listed below.
- Contact the site and ask for information about upcoming dates, locations, and costs (*ask about possible cost coverage through employers or insurance*).
- Enroll in a Diabetes Prevention Program.
- Give this form to your Coach at your first session.

Sites listed in alphabetical order by county, *April 2014*. Note: Northern KY covered by Hamilton County, Ohio.

Bourbon	Boyd	Fayette	Hamilton (Ohio)
<p>Paris – Bourbon County YMCA <i>(may also serve other counties)</i> 917 Main St • Paris, KY 40361</p> <p>859.987.1395</p>	<p>King's Daughters Medical Center <i>(serves Boyd, Carter, Elliott, Greenup, and Lawrence counties)</i> 2201 Lexington Ave Ashland, KY 41101 Kim Bayes kim.bayes@kdmc.kdhs.us 606.408.1560</p>	<p>Baptist Health Lexington <i>(may also serve other counties)</i> 1740 Nicholasville Rd Lexington, KY 40503 Kathleen Stanley kstanley@bhsi.com 859.260.6674 or 859.260.5122</p>	<p>YMCA of Greater Cincinnati <i>(serves Northern KY)</i> 1105 Elm St • Cincinnati, OH 45202 Kiana Trabue ktrabue@cincinnatiymca.org 513.362.2015 or 513.362.YMCA</p>
		<p>Saint Joseph Hospital <i>(may also serve other counties)</i> Diabetes and Nutrition Center One Saint Joseph Dr Lexington, KY 40504 Dana Graves gravesdb@sjhlex.org 859.313.2393 or 859.313.1282 or 859.313.1504</p>	
		<p>YMCA of Central Kentucky <i>(may also serve other counties)</i> 239 E High St. • Lexington, KY 40507 Debbi Dean ddean@ymcac.org 859.367.7332 or 859.254.9622</p>	
Jefferson	Pulaski	Warren	
<p>Baptist Health Louisville <i>(may also serve other counties)</i> 4000 Kresge Way Louisville, KY 40207 Ronda Merryman-Valiyi ronda.merryman-valiyi@bhsi.com 502.897.8831</p>	<p>Lake Cumberland District Health Department <i>(serves Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne counties)</i> 500 Bourne Ave • Somerset, KY 42501 Jamie Lee jamiel.lee@lcdhd.org 606.678.4761 or Toll Free: 800.928.4416</p>	<p>Barren River District Health Department <i>(may also serve other counties)</i> 1109 State St Bowling Green, KY 42101 Megan Givan megan.givan@barrenriverhealth.org 270.781.8039</p>	
<p>International Center for Advanced Pharmacy Services (INCAPS) <i>(may also serve other counties—program to begin in 2014)</i> 2100 Gardiner Ln Louisville, KY 40205 Dr. Josh Montney jmontney@sullivan.edu 502.413.8644</p>		<p>The Medical Center – Health and Wellness Center <i>(may also serve other counties)</i> 1857 Tucker Way Ste B Bowling Green, KY 42104 Sarah Widener WideSE@chc.net 270.796.6596 or 270.745.0942</p>	
<p>YMCA of Greater Louisville <i>(may also serve other counties)</i> 545 S 2nd St • Louisville, KY 40202 Rebecca (Becca) Farmer rfarmer@ymcalouisville.org 502.523.0283 or 502.314.1613</p>			