

## Evaluating the Effectiveness of a Prediabetes Infographic

Caroline Nelson

Nicole M. Burgess

Lehigh Valley Health Network, Nicole.Burgess@lvhn.org

Roya Hamadani MPH

Lehigh Valley Health Network, Roya.Hamadani@lvhn.org

Beth Careyva M.D.

Lehigh Valley Health Network, beth\_a.careyva@lvhn.org

Follow this and additional works at: <https://scholarlyworks.lvhn.org/research-scholars>



Part of the [Medicine and Health Sciences Commons](#)

## Let us know how access to this document benefits you

---

### Published In/Presented At

Nelson, C., Burgess, N., Hamadani, R., & Careyva, B. (2022). *Evaluating the effectiveness of a prediabetes infographic*. Poster presented at Research Scholars, Lehigh Valley Health Network, Allentown, PA.

This Poster is brought to you for free and open access by LVHN Scholarly Works. It has been accepted for inclusion in LVHN Scholarly Works by an authorized administrator. For more information, please contact [LibraryServices@lvhn.org](mailto:LibraryServices@lvhn.org).



Scan For:  
INFOGRAPHIC

# Evaluating the Effectiveness of a Prediabetes Infographic

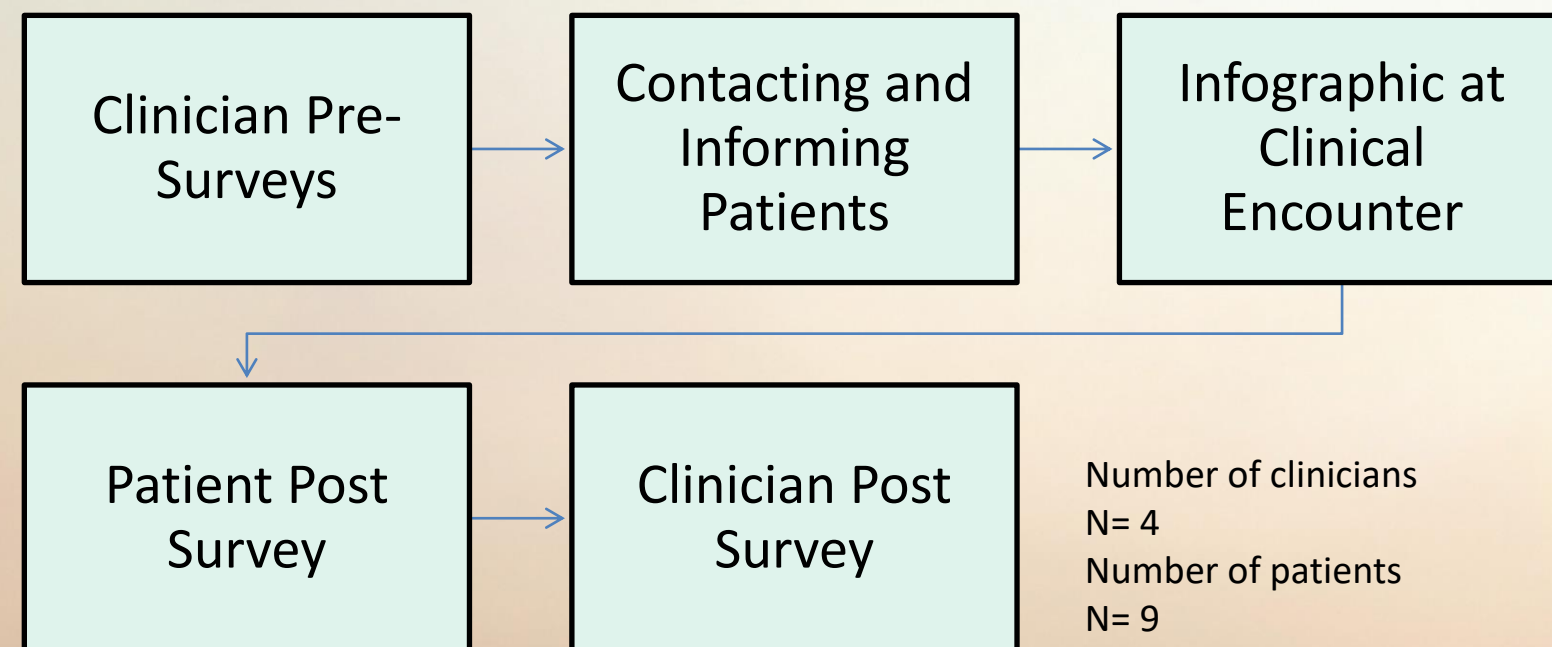
Caroline Nelson, Nicole Burgess, BS, Roya Hamadani, MFA, MPH, and Beth Careyva, MD, MHSA  
Lehigh Valley Health Network, Allentown, Pennsylvania

## 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

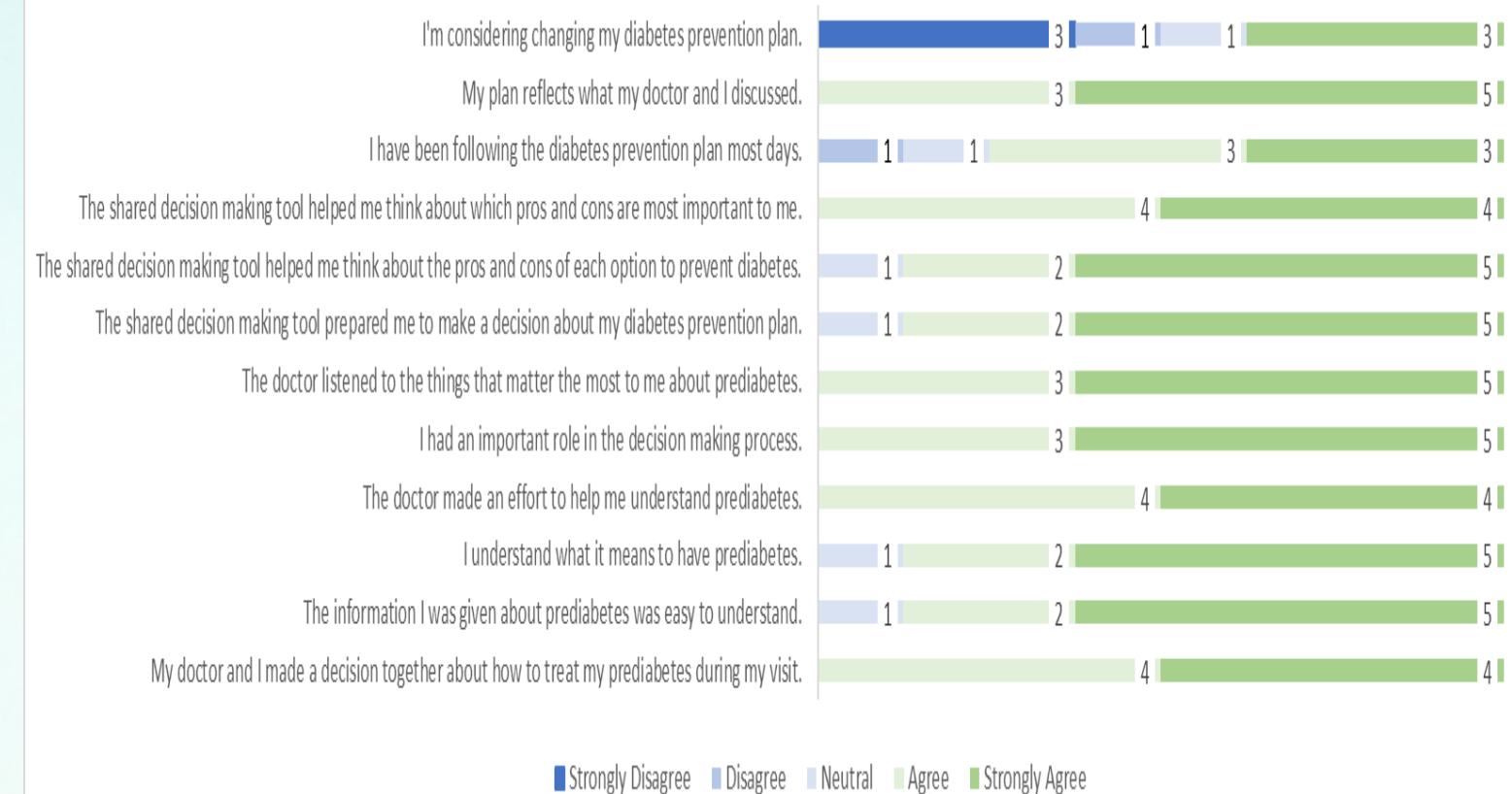


Fig 1. Patient survey data.

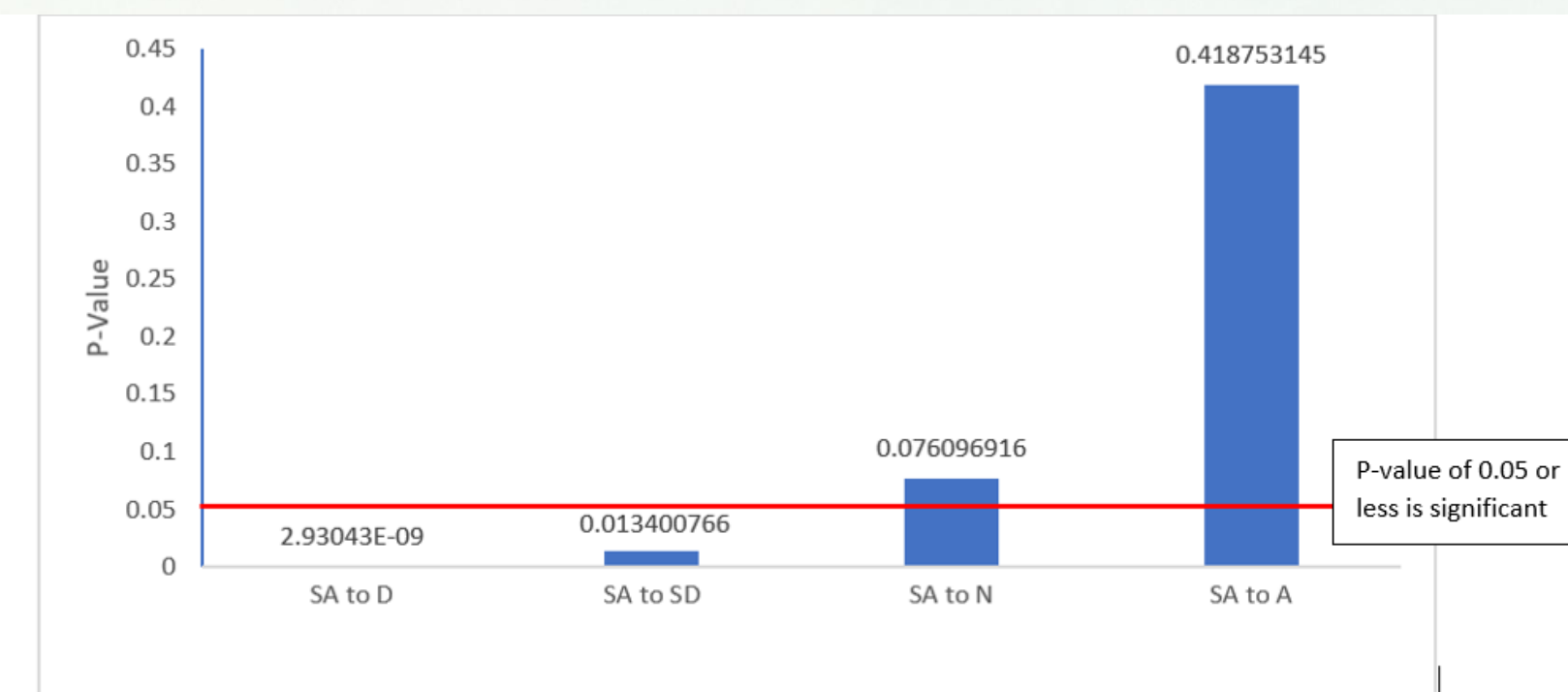


Fig 2. Comparison of survey answers to the strongly agree category.

## 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.

Many thanks to Cara Corpora: DO, Jessica Knauss: PA-C, Georgia Fliakos: DO, and Heather Kowalishen: CRNP, MSN, and staff for their participation in the project.

### References

1. Tabák, A. G., Herder, C., Rathmann, W., Brunner, E. J., & Kivimäki, M. (2012). Prediabetes: a high-risk state for diabetes development. *Lancet* (London, England), 379(9833), 2279–2290. [https://doi.org/10.1016/S0140-6736\(12\)60283-9](https://doi.org/10.1016/S0140-6736(12)60283-9)
2. Moin, T., Duru, O.K., Turk, N. et al. Effectiveness of Shared Decision-making for Diabetes Prevention: 12-Month Results from the Prediabetes Informed Decision and Education (PRIDE) Trial. *J GEN INTERN MED* 34, 2652–2659 (2019). <https://doi.org/10.1007/s11606-019-05238-6>
3. Andes LJ, Cheng YJ, Rolka DB, Gregg EW, Imperatore G. (2020). Prevalence of Prediabetes Among Adolescents and Young Adults in the United States, 2005–2016. *JAMA Pediatr.* 174(2):e194498. doi:10.1001/jamapediatrics.2019.4498