

SDPI Diabetes Best Practices List and Summary Table

| Topic | Importance | Required Key Measure | Target Group Guidance |
|---|---|---|---|
| <p>Aspirin or Other Antiplatelet Therapy in Cardiovascular Disease</p> | <p>Antiplatelet therapy reduces the risk of cardiovascular disease (CVD) events in patients who have known CVD.</p> | <p>Number and percent of individuals in your Target Group who are prescribed aspirin or other antiplatelet therapy.</p> | <p>Select from adults with BOTH diabetes and CVD.</p> <p>Exclude pregnant individuals.</p> |
| <p>Blood Pressure Control</p> | <p>Blood pressure control reduces the risk for diabetes complications, including cardiovascular disease and chronic kidney disease.</p> | <p>2023 Number and percent of individuals in your Target Group who have mean blood pressure <140/<90 mmHg* (one value or mean of 2 or 3 values)</p> <p>2024 Number and percent of individuals in your Target Group who have mean blood pressure <130/<80 mmHg* (one value or mean of 2 or 3 values).</p> <p>*The treatment goal provided for Blood Pressure Control is appropriate for most people with diabetes, but some patients may require individualized goals.</p> | <p>Select from adults with diabetes.</p> <p>Exclude pregnant individuals.</p> |
| <p>Chronic Kidney Disease Screening and Monitoring</p> | <p>People with diabetes are at higher risk for chronic kidney disease (CKD). Regular screening and monitoring allow for intervention which may help slow CKD progression.</p> | <p>Number and percent of individuals in your Target Group who have both a quantitative Urine Albumin-to-Creatinine Ratio (UACR) and estimated Glomerular Filtration Rate (eGFR) completed.</p> | <p>Select from adults with diabetes who are not on dialysis.</p> <p>Exclude pregnant individuals.</p> |

| Topic | Importance | Required Key Measure | Target Group Guidance |
|---|--|---|--|
| Dental Exam | People with diabetes frequently have problems with their teeth and gums, especially when they have poor glycemic control. Dental exams and treatment of dental problems improve oral health outcomes. | Number and percent of individuals in your Target Group who receive a dental exam.* *Performed by a dental professional. | Select from adults and/or youth with diabetes. |
| Depression Screening | Depression can make it difficult for individuals with diabetes to carry out their daily activities, including diabetes self-management. Depression screening, with follow up of positive results, can improve depression outcomes. | Number and percent of individuals in your Target Group who are screened for depression. | Select from adults and/or adolescents with diabetes who do not have a current diagnosis of depression. |
| Diabetes Prevention | Healthy eating, regular physical activity, and reducing weight can help prevent type 2 diabetes. | Number and percent of adults and/or youth in your Target Group who participate in a diabetes prevention program that addresses: 1) nutrition, 2) physical activity, and 3) weight loss.* * The program activities/services must address all 3 components. | Select your Target Group* from adults and/or youth who are at risk for developing diabetes. *Excludes individuals who are pregnant and/or have diagnosed diabetes |
| Diabetes-related Education | Diabetes education helps reduce the risk for developing diabetes and its complications. | Number and percent of individuals in your Target Group who receive education on any diabetes topic*, either in a group or individual setting. *Includes nutrition education, physical activity education, and any other diabetes education. | Select from adults and/or youth with diabetes and/or at risk for developing diabetes. |
| Eye Exam – Retinopathy Screening | People with diabetes are at risk for developing retinopathy. Screening for retinopathy allows for early detection and management to reduce the risk of vision loss. | Number and percent of individuals in your Target Group who receive an eye exam.* *An eye exam includes a dilated eye exam by an optometrist or ophthalmologist or by using digital retinal imaging. | Select from adults and/or youth with diabetes. |

| Topic | Importance | Required Key Measure | Target Group Guidance |
|-------------------------------------|---|--|---|
| Foot Exam | Diabetes can cause nerve and vascular changes that reduce sensation and blood flow in the feet and legs. Regular foot exams allow for early detection and intervention to reduce the risk of foot ulcers and amputations. | Number and percent of individuals in your Target Group who receive a comprehensive foot exam.* *A foot exam includes assessment of sensation and vascular status. | Select from adults and/or youth with diabetes. |
| Glycemic Control | Good glycemic control, as measured by A1C, reduces the risk of diabetes complications. | Number and percent of individuals in your Target Group with most recent A1C <8.0%. | Select from adults and/or youth with diabetes. Exclude pregnant individuals. |
| Hepatitis C Screening | Hepatitis C is a leading cause of chronic hepatitis, cirrhosis, and liver cancer. Early detection provides the opportunity for a cure with proper treatment. | Number and percent of individuals in your Target Group who have ever been screened for Hepatitis C (HCV)* or were ever diagnosed with HCV. *Screening is performed using the Hepatitis C antibody (anti-HCV) test. | Select from adults with diabetes 18 years of age or older. |
| Immunizations - Hepatitis B | People with diabetes are at increased risk of contracting several vaccine-preventable infections, including hepatitis B. Vaccination helps reduce the risk of developing hepatitis B disease in patients who are exposed. | Number and percent of individuals in your Target Group who have ever completed the hepatitis B vaccine series (using either a 2 or 3 dose series depending on vaccine type) or who are immune to Hepatitis B. | Select from adults and/or youth with diabetes. |
| Immunizations - Influenza | People with diabetes are at increased risk of developing serious complications from influenza. Influenza vaccination reduces this risk. | Number and percent of individuals in your Target Group who receive the influenza vaccine. | Select from adults and/or youth with diabetes. |
| Immunizations – Pneumococcal | People with diabetes are at increased risk of developing serious complications from pneumonia. Pneumococcal vaccination reduces this risk. | Number and percent of individuals in your Target Group who have ever received a Pneumovax (PPSV23) vaccine. | Select from adults and/or youth with diabetes. |

| Topic | Importance | Required Key Measure | Target Group Guidance |
|---|---|---|---|
| Immunizations - Tetanus/Diphtheria | Immunizations help protect people from some diseases, including tetanus and diphtheria. | Number and percent of individuals in your Target Group who have received a Tetanus/Diphtheria (Td or Tdap) vaccine in the past 10 years. | Select from adults with diabetes. |
| Lipid Management in Cardiovascular Disease | Cardiovascular disease (CVD) is a major cause of morbidity and mortality for individuals with diabetes. Appropriate use of statin therapy results in significant CVD risk reduction for adults with diabetes. | Number and percent of individuals in your Target Group who are prescribed a statin. | Select from adults ages 40-75 years with diabetes, and individuals of any age who have BOTH diabetes and CVD. People who are pregnant or have a statin allergy, intolerance, or contraindication should NOT be included in the Target Group. |
| Nutrition Education | Nutrition education helps reduce the risk for developing diabetes and its complications. | Number and percent of individuals in your Target Group who receive nutrition education.* * Performed by a Registered Dietitian or other health or wellness program staff. | Select from adults and/or youth with diabetes and/or at risk for developing diabetes. |
| Physical Activity Education | Physical activity education helps reduce the risk for developing diabetes and its complications. | Number and percent of individuals in your Target Group who receive physical activity education. | Select from adults and/or youth with diabetes and/or at risk for developing diabetes. |
| Tobacco Use Screening | Commercial tobacco use increases the risk of cardiovascular disease, microvascular complications, and premature death. Cessation of tobacco use reduces the risk of stroke and heart attack. Screening for tobacco use in people with diabetes helps programs connect patients/participants with tobacco cessation interventions. | Number and percent of individuals in your Target Group who are screened for tobacco use. | Select from adults and/or youth with diabetes or at risk for developing diabetes. |

| Topic | Importance | Required Key Measure | Target Group Guidance |
|-------------------------------|---|--|--|
| Tuberculosis Screening | Adults with diabetes and latent tuberculosis (TB) infection are at higher risk for progressing to active TB disease if they are not screened and treated. | Number and percent of individuals in your Target Group who have ever had a TB test result documented or who have a diagnosis of TB. | Select from adults and/or youth with diabetes. |