

Diabetes Projects

Guide to Community Preventive Services

Introduction

The Task Force on Community Preventive Services is a 15-member non-Federal Task force supported by the Centers for Disease Control and Prevention (CDC). CDC scientists review the effectiveness of health care interventions for the Task Force that then makes recommendations to the public health community and health care delivery organizations.

The recommendations generated by the Task Force are combined to form the *Guide to Community Preventive Services*, which includes a section on diabetes. To improve the health of people with diabetes, the Task Force reviewed the evidence of the effectiveness of diabetes disease and case management and self-management education.

↑Disease and case management

The Task Force **strongly recommends** the following:

Disease management

- identify everyone with diagnosed diabetes in the community or health care delivery organization
- implement care plans proven to be effective
- track, measure, and manage health outcomes

Disease management improves

- glycemic control (blood sugar levels)
- screening rates for diabetic retinopathy (eye disease); foot lesions and nerve damage; and protein in the urine (a sign of possible kidney damage)
- physician monitoring rates for glycemic control and cholesterol levels

Case management

- assign a case manager to plan, coordinate, and integrate care for people with diabetes

Case management improves

- glycemic control (blood sugar levels)
- physician monitoring rates for glycemic control

↑Self-Management education

The Task Force **recommends** the following:

Diabetes self-management education in community gathering places

- for adults with type 2 diabetes
- provides diabetes educational information in community centers, libraries, and places of worship
- improves glycemic control (blood sugar levels)

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Diabetes self-management education in the home

- educates children and adolescents with type 1 diabetes
- improves glycemic control (blood sugar levels)

↑Related publications

Details of this review were published in CDC's *Morbidity and Mortality Weekly Reports / Recommendations and Reviews (MMWR/RR)* on September 28, 2001. The article briefly describes how the reviews were conducted, the effects on other outcomes, and other information. The *MMWR/RR* is available on-line from CDC at <http://www.cdc.gov/MMWR> or from the Task Force at <http://www.thecommunityguide.org>.*

A full report on the findings of the Task Force on diabetes, including a comprehensive evidence review, was published in a special supplement to the *American Journal of Preventive Medicine* 2002;22(1). This supplement also includes a review of physical activity interventions. To see the reports, visit the *[Guide to Community Preventive Services](#) and select Diabetes, Physical Activity, and Commentaries: A summary statement with links to articles.

Task Force on Community Preventive Services. [Diabetes Recommendations for healthcare system and self-management education interventions to reduce morbidity and mortality from diabetes](#). *Am J Prev Med* 2002 May; 22(4 Suppl):10-14.

Norris SL, Nichols PJ, **Caspersen CJ**, Task Force on Community Preventive Services, et al. [The effectiveness of disease and case management for people with diabetes: a systematic review](#). *Am J Prev Med*. 2002 May;22(4 Suppl):15-38.

Norris SL, Nichols PJ, **Caspersen CJ**, Task Force on Community Preventive Services, et al. [Increasing diabetes self-management education in community settings: a systematic review](#). *Am J Prev Med*. 2002 May;22(4 Suppl):39-66.

↑For more information

For more information on the diabetes chapter, call toll-free 1-800-CDC-INFO or 1-888-232-6348 TTY or E-mail cdcinfo@cdc.gov. On the Internet, you can visit *[Guide to Community Preventive Services](#).

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