



# Quality Report Card



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DIABETES CARE

## Prediabetes

Prediabetes is a condition where blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. According to the Centers for Disease Control and Prevention (CDC), approximately 98 million American adults have prediabetes. Yet, a considerable number of these individuals are unaware that they have the condition. Left untreated, individuals with prediabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke.

Prediabetes occurs when cells in the body do not respond normally to insulin. Insulin is a hormone produced by the pancreas that regulates blood sugar levels by helping glucose enter cells to be used for energy. When a person who does not have prediabetes consumes a meal, the food is digested, and sugar enters the bloodstream causing blood sugar levels to rise. Insulin is then released to return glucose levels to normal. This process does not work properly in an individual who has prediabetes.

Individuals who have prediabetes do not often have noticeable symptoms. However, some may experience mild symptoms such as increased thirst, frequent urination, fatigue, blurred vision, numbness in the hands or feet, slow-healing wounds, increased appetite, unexplained weight loss or gain, darkened skin patches, and frequent urinary tract infections. Because these symptoms can also be caused by other health conditions, it is important to consult a physician to determine an accurate diagnosis.

A physician can diagnose prediabetes through a blood test that measures blood glucose levels. Red blood cells contain a protein called hemoglobin, which is responsible for carrying oxygen throughout the body. Glucose also travels through the bloodstream and attaches to hemoglobin to become glycated hemoglobin, also known as A1C. An A1C test provides an estimate of the average blood sugar levels in a person's body over the past 2 to 3 months and is a key tool for diagnosing and managing diabetes and prediabetes. A normal A1C level is below 5.7 percent. Levels between 5.7 and 6.4 percent indicate prediabetes, and 6.5 percent or higher indicates diabetes.

Early detection and intervention can help prevent prediabetes from becoming type 2 diabetes. Licking Memorial Health Systems offers a free program for patients who may be at risk for developing diabetes. *Go Healthy!* is a yearlong lifestyle-change program led by a trained Lifestyle Coach and focuses on behavioral and physically active strategies that are proven to help reduce the risk of developing diabetes, achieve weight

loss, and improve overall health. The program is proven to help those with prediabetes make attainable and realistic lifestyle changes and reduce their risk of developing type 2 diabetes by 58 percent.

Participants are required to attend group sessions for 12 months. Patients attend the group once a week for the first four months, every other week for the next two months, and once a month for the remaining 6 months. Sessions include private weigh-ins with the lifestyle coach and focus on topics such as grocery shopping, tracking food consumption, becoming physically active, managing stress, and coping with triggers.

Qualifying individuals must meet the *Go Healthy!* program criteria, which include having blood sugar levels and a body mass index that are slightly higher than normal. These factors can increase the risk of having a stroke and developing serious health problems, including type 2 diabetes and heart disease. Individuals interested in the *Go Healthy!* program may contact (220) 564-1864 for more information.

### Diabetes Diagnosis Chart

	DIABETES	PREDIABETES	NORMAL
A1C LEVEL (%)	6.5 or above	5.7 - 6.4	below 5.7
Fasting Blood Sugar Test (mg/dL)	126 or above	100 - 125	99 or below
Glucose Tolerance Test (mg/dL)	200 or above	140 - 199	140 or below



## Patient Story – Carol Worst

injections. I did not want to endure the same experience.”

Through the program, Carol learned that making lifestyle changes was not a quick, easy process. The coaches explained the importance of making a commitment to build healthy habits and instructed the group to take small steps toward the larger goals. The Lifestyle Coaches discussed a number of different strategies such as making healthy food choices and the importance of physical activity.

“The coaches are very knowledgeable and easy to talk to about the challenges of making lifestyle changes. They were respectful of our time and kind to everyone,” Carol shared. “They never judged or tried to make participants feel guilty about their habits. The material they covered during the classes was excellent. Every meeting we were asked about our successes and failures, and that accountability was important for me to keep working to build the healthy habits.”

Carol admitted that she had tried other weight loss programs. While she did have some success in the other programs, she would revert to following unhealthy habits once the program was complete. She was not focused on changing her lifestyle. She only focused on the requirements of the program, so she could not sustain true weight loss. During the *Go Healthy!* program, Carol learned to write down what she was consuming and when she exercised. This habit helped her understand the idea of calorie intake versus calorie output, and

the visualization assisted in keeping her on-track.

“Seeing the information on paper made a big difference for me. Another important lesson they taught me was meal planning. Even if I am going to dine at a restaurant, I plan ahead. I look at the menu online and know exactly what healthy items are available to choose from so that I can make an informed choice,” Carol said. “The year-long process of the program was also very beneficial. When the program ended, the coaches touched base with us a month later to ask about our progress. I was so grateful to be able to tell them I was continuing to follow my new healthy habits.”

Since her retirement, Carol feels she has more time to be active. She is enjoying the opportunities to find fun activities to keep her moving. Her blood sugar levels have dropped, she has lost weight, and her energy level is up. While she is still taking medication to prevent diabetes, Carol hopes that Dr. Moore will soon agree that Carol no longer needs the medication.

Carol Worst was born and raised in Licking County. She attended Heath High School and received her teaching degree from The Ohio State University – Newark. Carol retired from teaching for Newark City Schools after 35 years of service. After a visit with her primary care physician, Marita L. Moore, M.D., of Licking Memorial Family Practice – Doctors Park 2, Carol was diagnosed with prediabetes, blood sugar levels that are elevated but not enough for a type 2 diabetes diagnosis. Without lifestyle changes or medication, adults and children with prediabetes are at high risk of developing type 2 diabetes. Carol began taking medications and working to lower her blood sugar level.

“Last year, I received a letter from Licking Memorial Health Systems informing me that I was eligible to participate in the free Diabetes Prevention Program – *Go Healthy!*” Carol explained. “I thought the accountability of the program was what I needed to make the lifestyle changes necessary to better my health and stop taking the medication, so I enrolled. My father was diagnosed with diabetes and had to have insulin

# Diabetes Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare to benchmark measures. Then, we publish the information so you can draw your own conclusions regarding your healthcare choices.

1. Much of the care that patients with diabetes receive takes place in the outpatient or physician office setting. The physician offices of Licking Memorial Health Professionals (LMHP) measure the most critical indicators for diabetes care.

	LMHP 2022	LMHP 2023	LMHP 2024	National
LMHP patients with diabetes having HbA1C test	77%	78%	78%	88% <sup>(1)</sup>
LMHP patients with diabetes receiving eye exam	52%	51%	46%	58% <sup>(1)</sup>
LMHP patients with diabetes having foot exam	71%	73%	58%*	80% <sup>(2)</sup>
				<b>LMHP Goal</b>
LMHP patients with diabetes having lipid profile	85%	88%	88%	90%
LMHP patients with diabetes having microalbuminuria test	70%	73%	70%	85%

\*A new workflow to collect the data elements for a foot exam was implemented in 2024 into the electronic health record, Epic.

2. The hemoglobin A1C (HbA1C) test is a simple lab test that shows the average amount of sugar (also called glucose) that has been in a person's blood over an extended period of time. While having the testing done is important, the test results (or outcomes) indicate how well the physician, in collaboration with the patient, is managing the disease. The goal for most people with diabetes is 7% or less.

	LMHP 2022	LMHP 2023	LMHP 2024	National <sup>(1)</sup>
LMHP patients with diabetes with HbA1C less than or equal to 7%	50%	53%	52%	38%

3. People with diabetes are at high risk for heart disease. An elevated LDL ("bad") cholesterol test reveals if an individual has unhealthy fat levels, which increase the risk for heart disease – a very serious complication of diabetes. An LDL level of 100 milligrams per deciliter (mg/dL) or less is considered best for heart health.

	LMHP 2022	LMHP 2023	LMHP 2024	National <sup>(1)</sup>
LMHP patients with diabetes with LDL less than or equal to 100 mg/dL	80%	77%	73%	48%

4. The Community Case Management (CCM) program at Licking Memorial Hospital (LMH) provides services to people with diabetes in the community including the Diabetes Self-Management Education & Support program. The American Diabetes Association recommends that a person with diabetes should have an HbA1C blood test at least every six months to monitor glucose levels. LMH staff members work closely with patients and their physicians to ensure that this test is performed as recommended in order to manage each patient's condition better.

	LMH 2022	LMH 2023	LMH 2024	LMH Goal
Diabetes Self-management Education & Support participants who obtained an HbA1C test	100%	98%	100%	Greater than 85%

#### Data Footnotes:

(1) Average of reported Commercial, Medicare, and Medicaid/HEDIS measures.

(2) National Committee for Quality Assurance – NCOA Diabetic Recognition Program

Check out our Quality Report Cards online at [LMHealth.org](http://LMHealth.org).



# Exercise to Lower A1C

A1C is a blood test that measures a person's average glucose, or blood sugar, levels over the past 2 to 3 months. It is used to diagnose and monitor diabetes and provide insight into how well blood sugar is being regulated over time. A1C reflects the percentage of hemoglobin, a protein in red blood cells that carries oxygen, which has glucose attached to it. Test results higher than 6.5 percent indicate a person has diabetes.

Lowering A1C levels helps reduce the risk of diabetes-related complications such as nerve damage, eye problems, stroke, kidney disease, and heart disease. Physical activity is an excellent way to lower A1C levels. An exercise routine that utilizes a combination of aerobics and resistance training may improve blood sugar levels and overall health in people with type 2 diabetes.

**Aerobic exercise** – activities such as brisk walking, jogging, swimming, and cycling improve cardiovascular health and help the body use glucose more efficiently. The American Diabetes Association (ADA) recommends 150 minutes of moderate-intensity aerobic activity per week.

**Resistance training** – strength training using weights, resistance bands, or bodyweight exercises help build muscle mass and improve the effectiveness of the body's response to insulin. These activities should focus on major muscle groups and be included 2 to 3 times per week in a person's exercise routine.

Choosing enjoyable and sustainable activities can make it easier for people to adhere to an exercise regimen. The ADA suggests daily exercise to meet the recommended aerobic and strength training goals each week. Consistency is key to helping people stick to their routine, manage blood sugar levels, and lower A1C.



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Visit us at [LMHealth.org](http://LMHealth.org).

Please take a few minutes to read this month's report on **Diabetes Care**. You will soon discover why Licking Memorial Health Systems is measurably different ... for your health!

The Quality Report Card is a publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (220) 564-1572 to receive future mailings.

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