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4-1-2019

## RRH Library Newsletter, April 2019

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### Recommended Citation

Libraries at Rochester Regional Health. (2019). RRH Library Newsletter, April 2019. *Werner Voice*  
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## Prediabetes Interventions

Prediabetes is a condition in which blood sugar levels are elevated above normal ranges, but do not yet meet the criteria for a type 2 diabetes diagnosis. According to the CDC, 1 in 3 U.S. adults have prediabetes, but only 10% are aware of it. Physician-promoted prevention programs including lifestyle interventions are an important step in preventing the progression of prediabetes into systemic disease.

- [How are health-related behaviours influenced by a diagnosis of pre-diabetes? A meta-narrative review.](#) Barry E, Greenhalgh T, Fahy N.
- [The impact of Type 2 diabetes prevention programmes based on risk-identification and lifestyle intervention intensity strategies: a cost-effectiveness analysis.](#) Breeze PR, Thomas C, Squires H, Brennan A, Greaves C, Diggle PJ, Brunner E, Tabak A, Preston L, Chilcott J.
- [The Effectiveness of Lifestyle Adaptation for the Prevention of Prediabetes in Adults: A Systematic Review.](#) Kerrison G, Gillis RB, Jiwani SI, Alzahrani Q, Kok S, Harding SE, Shaw I, Adams GG.
- [Effectiveness of a brief theory-based health promotion intervention among adults at high risk of type 2 diabetes: One-year results from a randomised trial in a community setting.](#) Juul L, Andersen VJ, Arnoldsen J, Maindal HT.
- [Long-term effects of lifestyle intervention or metformin on diabetes development and microvascular complications over 15-year follow-up: the Diabetes Prevention Program Outcomes Study.](#) Diabetes Prevention Program Research Group.
- [HbA1c as a predictor of diabetes and as an outcome in the diabetes prevention program: a randomized clinical trial.](#) Diabetes Prevention Program Research Group.

## Werner Medical Library

1425 Portland Ave  
Rochester NY 14621  
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## Consumer Health Information

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