

Diabetes Disease Prevention

What is HOPPS?

The HOPPS population management technique for diabetes prevention calls for health screenings for modifiable risk factors that elevate a patient's chances of becoming diagnosed with diabetes and becoming hospitalized.

HOPPS focuses patient's levels of:

- ◆ (H)emoglobin A1c
- ◆ (O)besity
- ◆ (P)hysical Activity
- ◆ (P)oor Nutrition
- ◆ (S)moking

Why is HOPPS Effective?

HOPPS assists with diabetes prevention by providing a checklist of comprehensive prevention recommendations in a simple effective framework.



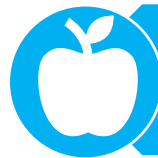
(H)emoglobin A1C: Targeted result (<7)



(O)besity: Healthy BMI Range (18.5-24.9)



(P)hysical Activity: 30 min of mod-high intensity/day



(P)oor Nutrition: Emphasize Fruits, Veggies & Portion Control



(S)moking: 5 A's: Ask, Advise, Assess, Assist & Arrange