

SAVAHCS Clinical Management Conference 2026

Diabetes Prevention Program as a Comprehensive Lifestyle Intervention: Evidence, Eligibility, and Referral Pathways

February 24, 2026 – 12:00 PM

Online

Overall Activity Objectives:

- 1 Develop specific anti-coagulation treatment plans that incorporate new anti-coagulation agents for venous thromboembolism.
- 2 Decrease inappropriate use of antibiotics, using order sets and better diagnostic strategies.
- 3 Utilize mind-body principles and whole health strategies to increase treatment responses.
- 4 Decrease narcotic use by incorporating effective non-narcotic pain management techniques.
- 5 Incorporate strategies to counsel and provide care for geriatric populations.
- 6 Identify, counsel, treat, and refer patients with increased risk of suicide.

Session Objectives:

1. Describe the structure & purpose of the Diabetes Prevention Program (DPP), including its mission, curriculum, funding sources, and role as a Comprehensive Lifestyle Intervention (CLI) alternative to VA MOVE!
2. Summarize national and Arizona-specific evidence demonstrating DPP effectiveness in diabetes risk reduction and lifestyle behavior change.
3. Identify participant eligibility and referral processes for the DPP, including qualifications, referral procedures, and key contacts to support clinical integration and care coordination.

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and Southern Arizona Veteran Affairs Healthcare System (SAVAHCS). The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

| Name of individual | Individual's role in activity | Nature of Relationship(s) / Name of Ineligible Company(s) |
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| Kaiya P Smiley, Other Health Degree | Faculty | Nothing to disclose - 12/17/2025 |
| Eugene A Trowers, MD, MPH | Activity Director | Nothing to disclose - 10/17/2025 |



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