

Definition

Prediabetes coaching

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Prediabetes coaching is a healthcare program designed to provide training and support to individuals who are at risk of developing diabetes. This coaching aims to empower prediabetic patients to proactively take measures to prevent the onset of diabetes. It guides groups of prediabetic patients with specific targets for each duration. The coaching helps patients with health promotion strategies, including dietary changes, exercise, and the use of recent devices, medicines, and technologies relevant to their condition. It also warns about drugs that may accelerate the onset of diabetes. Additionally, accessible health promotion campaigns are utilized online or through physical participation by society and healthcare volunteers. Artificial intelligence may play a role in designing the strategy and optimizing the efficiency of prediabetes coaching.



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Declarations

Potential competing interests: No potential competing interests to declare.