

NATIONAL
DIABETES
PREVENTION
PROGRAM

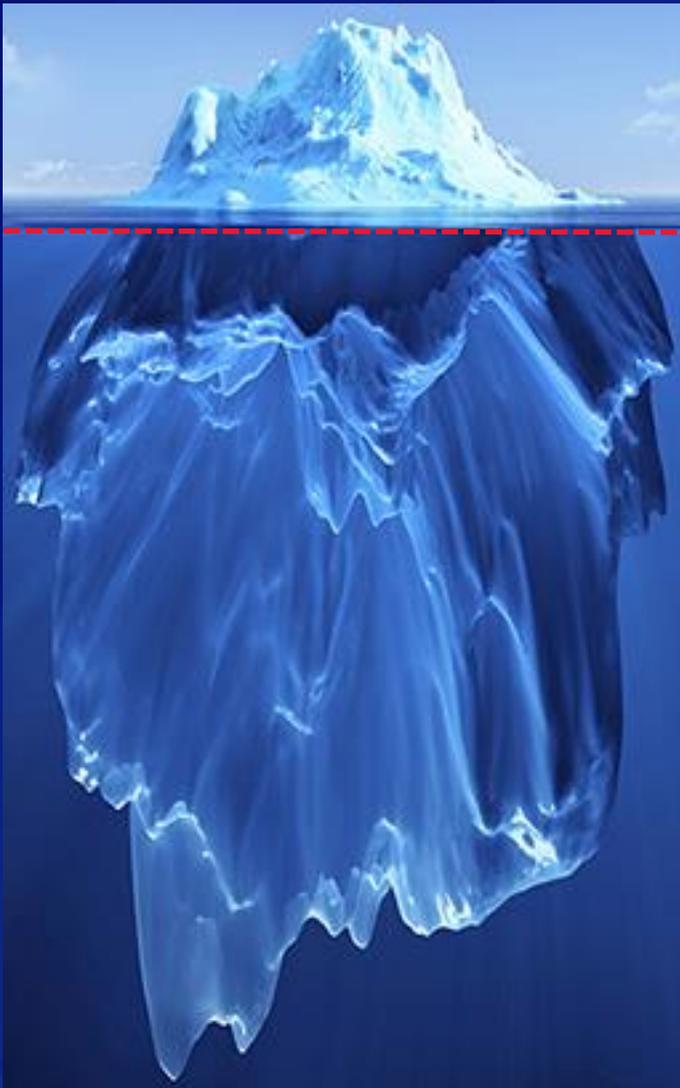
WORKING
TOGETHER
TO PREVENT
TYPE 2 DIABETES

Why the National Diabetes Prevention Program Must be Implemented throughout Idaho

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Director, Division of Diabetes Translation
Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion
Division of Diabetes Translation www.cdc.gov/diabetes





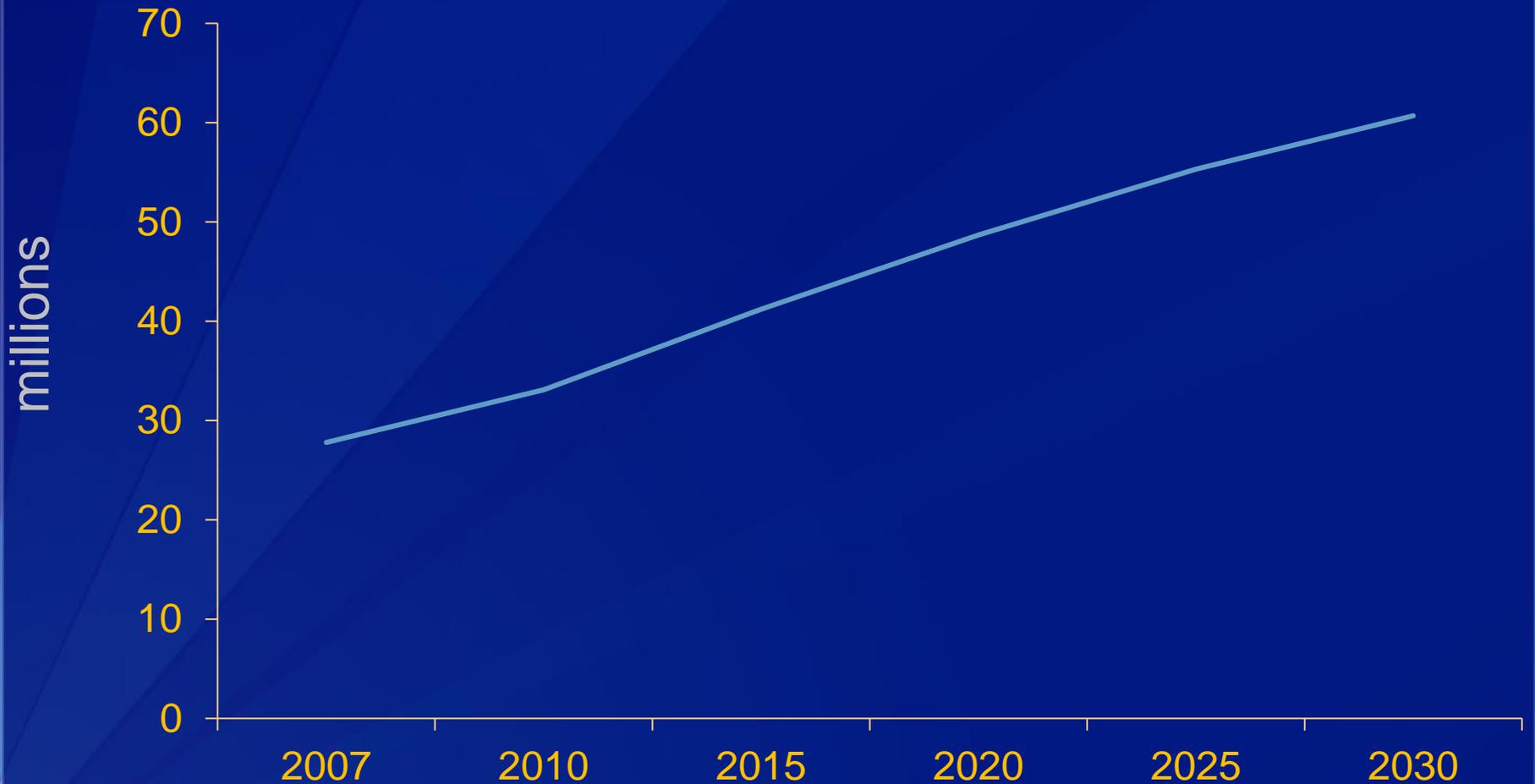
29 million Americans have diabetes

86 million American adults have prediabetes

9 out of 10 adults with prediabetes don't know they have it

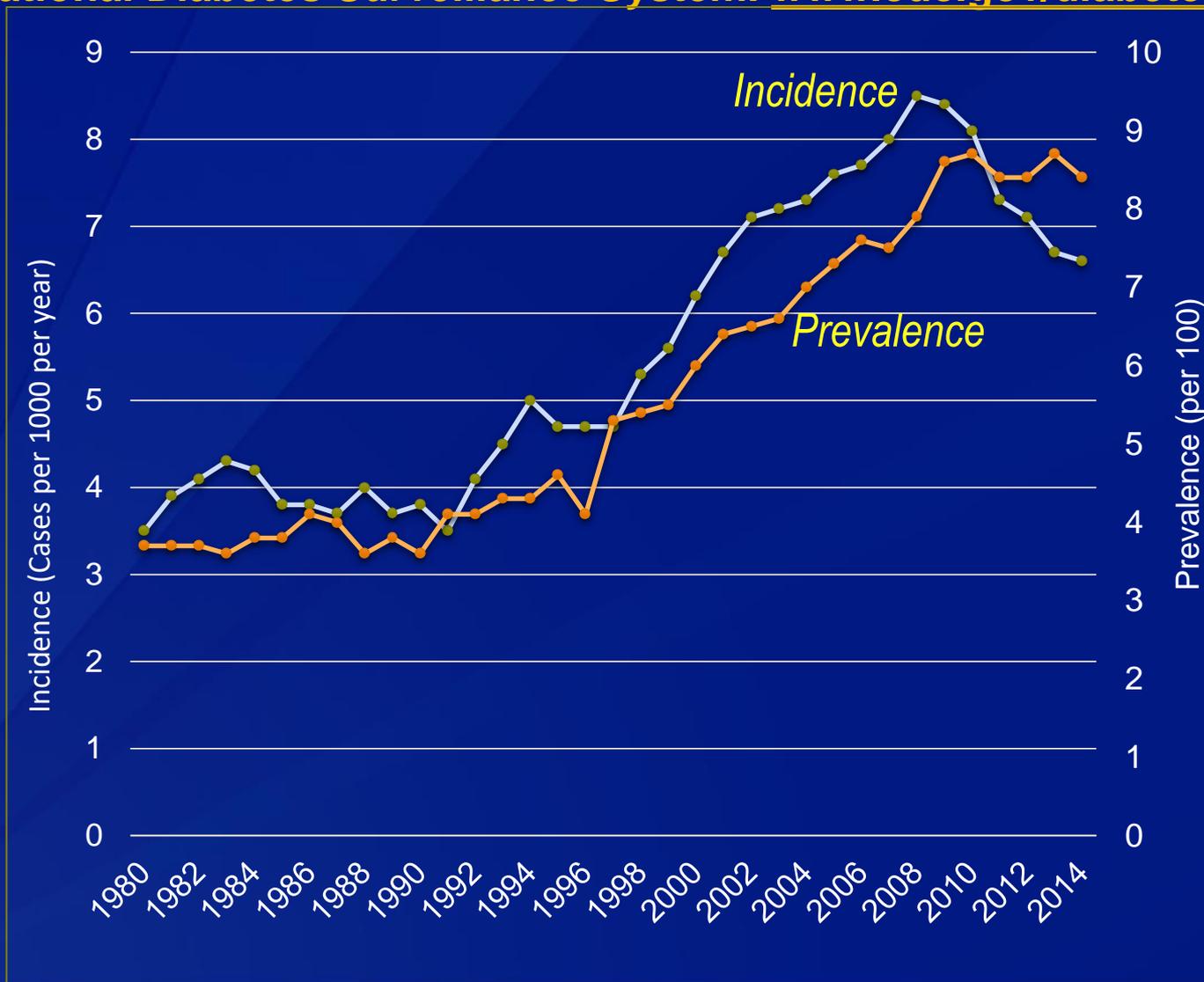
Source: Centers for Disease Control and Prevention. *National diabetes statistics report: estimates of diabetes and its burden in the United States, 2014*. Atlanta, GA: US Department of Health and Human Services, Centers for Disease Control and Prevention, 2014.

Current Projections of Cases of Diabetes in the United States by 2030

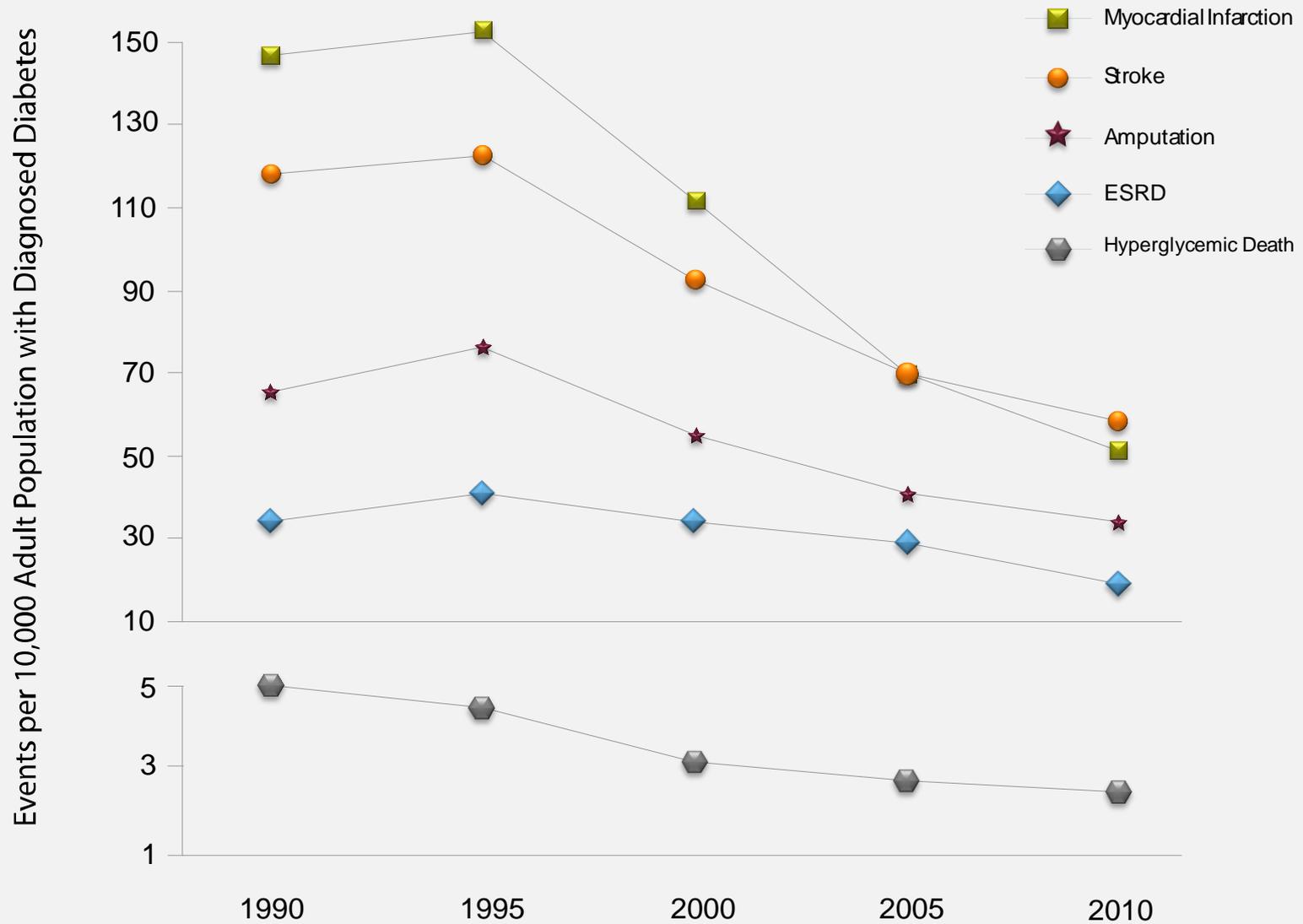


Trends in Incidence and Prevalence of Diagnosed Diabetes Among Adults Aged 20 to 79, United States, 1980 – 2014

CDC, National Diabetes Surveillance System. www.cdc.gov/diabetes, 2016



Trends in Age-standardized Rates of Diabetes-Related Complications from 1990 to 2010 among U.S. Adults with Diagnosed Diabetes



RISK STRATIFICATION FOR TYPE 2 DIABETES PREVENTION INTERVENTIONS

Risk Level	Adult Prevalence (%)	10 Years Diabetes Risk (%)	Risk Indicators	Intervention
Very High	~ 15%	>30	A1c >5.7% FPG>110	Structured Lifestyle Intervention in Community Setting
High	20%	20 to 30	FPG> 100 NDPP score 9+	
Moderate	30%	10 to 20	2+ risk factors	Risk Counseling
Low	35%	0 to 10	0-1 risk factors	Build Healthy Communities

Source: Gerstein et al., 2007; Zhang et al., 2010

Type 2 DIABETES PREVENTION INTERVENTIONS

- Expand access to the National Diabetes Prevention Program (the National DPP), a lifestyle change program for preventing type 2 diabetes in those at high risk
- Promote screening for abnormal blood glucose in those who are overweight or obese as part of a cardiovascular risk assessment

Type 2 DIABETES PREVENTION EVIDENCE SUMMARY

Randomized Clinical Control Trials:

- The Diabetes Prevention Program Research Group. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. N Engl J Med. 2002; 346 : 393–403.
- The Diabetes Prevention Program Outcomes Study. Lancet. 2015

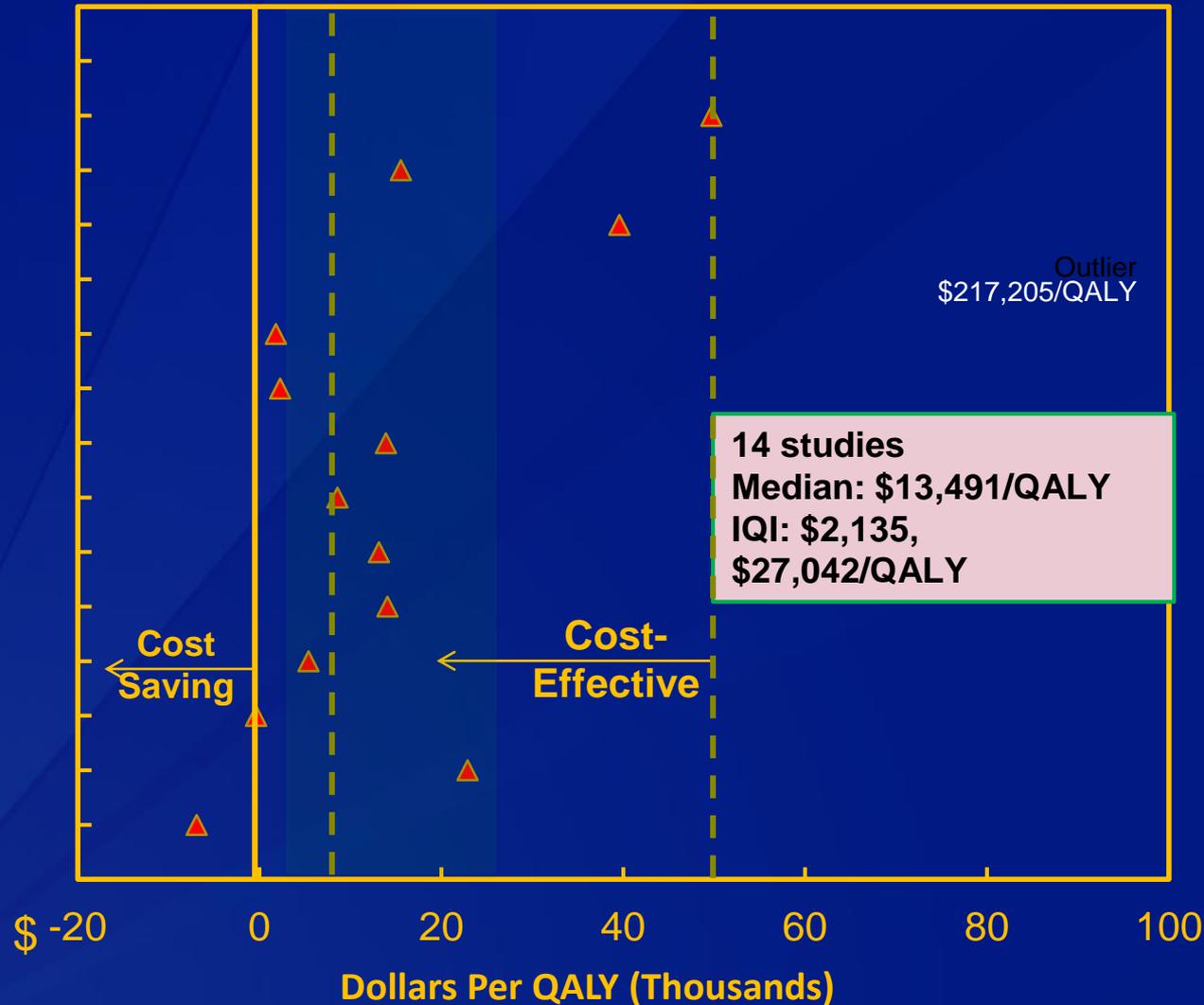
Subsequent Translation Studies

Various

Evidence-based Recommendations

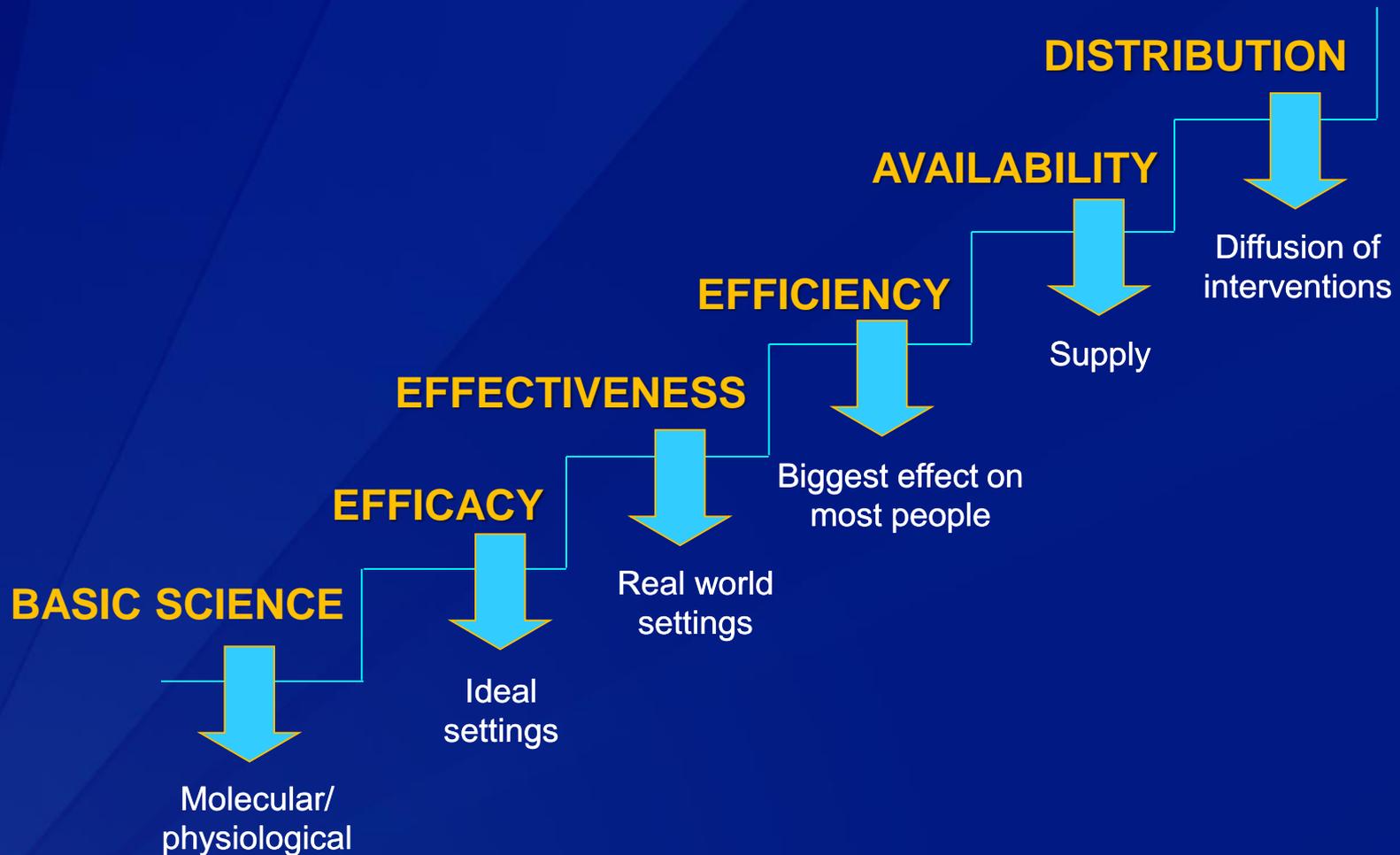
- | | |
|---|---------------------|
| • USPSTF Obesity Intensive Behavioral Counseling | July 2012 |
| • Community Guide Review | July 2014 |
| • USPSTF CVD Risk Reduction Intensive Behavioral Counseling | August 2014 |
| • USPSTF Type 2 Diabetes and Abnormal Glucose Screening | October 2015 |

Cost-Effectiveness of Lifestyle Intervention: Systematic Review



Cost Effectiveness

- Diabetes prevention lifestyle change programs have been shown to be cost effective and can be cost saving
- Influenced by target population, delivery format and personnel, time horizon
- Some modeled data from an insurer has shown a three year cumulative ROI of 3:1 when using a value-based payment approach



Adapted from information in Sinclair JC, et al. N Engl J Med. 1981;305:489–494. and Detsky AS, et al. Ann Intern Med. 1990;113:147-154.

National Diabetes Prevention Program

- Recognized programs join largest national effort to mobilize and bring effective lifestyle change programs to communities across the country.



National Diabetes Prevention Program

COMPONENTS



Training: Increase Workforce

Train the workforce that can implement the program cost effectively.



Recognition Program: Assure Quality

Implement a recognition program that will:

- Assure quality.
- Lead to reimbursement.
- Allow CDC to develop a program registry.



Intervention Sites: Deliver Program

Develop intervention sites that will build infrastructure and provide the program.



Health Marketing: Support Program Uptake

Increase referrals to and use of the prevention program.

Albright A, Gregg EW. *Am J Prev Med.* 2013;44(4S4):S346-S351.

Scaling & Sustaining National DPP CDC Cooperative Agreement Investments

1212

Funded national organizations to increase # of CDC-recognized organizations offering lifestyle change programs via multi-state networks and expand coverage through relationships with employers and insurers that lead to benefit coverage and reimbursement for delivery organizations

1305

Funded all 50 states & D.C. to raise awareness of prediabetes, increase referrals to CDC-recognized programs, and work with State Employee Benefit Plans and Medicaid to support coverage

1422

Funded 17 states and 4 cities to expand on work started by 1212 and 1305 and enroll vulnerable, high-risk populations in the program

- AmeriHealth Caritas
- Anthem BCBS California (LA area)
- Anthem BCBS Colorado
- BCBS of Florida
- BCBS Louisiana
- Blue Shield of California
- Denver Health Managed Care
(Medicaid, Medicare, public employees)
- Emblem Health (NY)
- GEHA
- Humana (started with employees)
- Kaiser – (Colorado and Georgia)
- L.A. Care (Medicaid)

- Molina - CA, NM, WI (Medicaid - NM, CA, & employees -WI)
- MVP's Medicare Advantage
- Priority Health (MI)
- UnitedHealth Care
 - (Accounts throughout U.S. including national, state and local private and public employers)

State Employee Coverage

- | | |
|------------------|------------------------|
| 1) Colorado | 10) North Carolina |
| 2) Kentucky | 11) California |
| 3) Louisiana | 12) Oregon (Educators) |
| 4) Maine | |
| 5) Minnesota | |
| 6) New Hampshire | |
| 7) New York | |
| 8) Rhode Island | |
| 9) Washington | |

Status: Scaling and Sustaining National DPP

- 1296 CDC-recognized programs; in-person programs across 50 states and DC
- Serving approximately 95,000 eligible participants
- Average weight loss for participants who attend at least 4 sessions over the yearlong program is 4.7%
- Over 70 commercial health plans providing some coverage; state/public employees covered in 12 states covering > 3 million people

Expansion of National DPP for Medicare Beneficiaries

- ❑ Section 1115A of the Social Security Act established CMMI to test innovative payment techniques for service delivery models
- ❑ Secretary of Health may expand the duration and scope of successful models
 - Reduce spending w/o reducing quality or improve quality w/o increasing cost
 - Chief Actuary of CMS certifies the expansion would reduce net program spending
 - Would not deny or limit coverage for applicable individuals
- ❑ Y DPP model tested and found to be saving
- ❑ CDC DPRP data and data from commercial health plan that is part of National DPP also needed for actuary certification
- ❑ In rule-making process to develop benefit design – first final rule published on Nov. 2, 2016. Second proposed rule expected spring 2017

MEDICAID DEMONSTRATION PROJECT

JULY 1, 2016 – JUNE 30, 2018

Goal: achieve sustainable coverage of the National DPP for Medicaid beneficiaries under current Medicaid authorities

- Maryland and Oregon have developed and are implementing a delivery model for the National DPP through Medicaid managed care organizations or accountable care organizations.
- The delivery model includes the following components:
 - ✓ Screening, referring, and enrolling eligible Medicaid beneficiaries in CDC-recognized National DPP Providers (in-person and virtual)
 - ✓ Implementing a value-based coverage and reimbursement model
 - ✓ Providing support to participants to ensure successful completion of the year-long lifestyle change program
- The project includes a comprehensive evaluation of:
 - ✓ Costs
 - ✓ Participant outcomes
 - ✓ Feedback on a Toolkit to assist other states pursuing Medicaid coverage

SUPPORT FOR STATES PURSUING MEDICAID COVERAGE FOR THE NATIONAL DPP

- Medicaid Learning Collaborative - 2017
 - ✓ Launched in March through NACDD
- CMS Medicaid Affinity Group on Diabetes/Prediabetes – 2016/17
 - ✓ The following states participated in the Affinity Group and will join the NACDD Medicaid Learning Collaborative: AR, AK, IL, MO, MT, TX, and WV

Other Resources for States & Partners: Diabetes Burden Toolkit

The screenshot shows the top portion of the Diabetes State Burden Toolkit website. At the top right, there is a "CDC A-Z INDEX" dropdown menu. Below this is a dark green header with the text "Diabetes State Burden Toolkit". Underneath the header, the "CDC" logo is on the left, and social media icons for Facebook, Twitter, and a plus sign are in the center. On the right side, there are links for "CONTACT" and "TECHNICAL DOCUMENTATION". Below these elements is a navigation bar with four buttons: "Select State (USA)" (highlighted in green), "Health Burden", "Economic Burden", and "Mortality". The main content area features the title "DIABETES STATE BURDEN TOOLKIT" in large green letters. Below the title is a paragraph: "Use this tool to report the health, economic, and mortality burden of diabetes in your state. To get started, select your state from the drop down list or the map below and then choose one of the modules." There are two main sections: "Location" and "Module". The "Location" section has a dropdown menu currently set to "National" and a map of the United States with state abbreviations (VT, NH, MA, RI, CT, NJ, DE, MD, DC) listed to its right. The "Module" section contains three icons: a caduceus for "HEALTH BURDEN", a stack of money for "ECONOMIC BURDEN", and a heart with a pulse line for "MORTALITY".

CDC A-Z INDEX ▾

Diabetes State Burden Toolkit

CDC

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CONTACT | TECHNICAL DOCUMENTATION

Select State (USA) Health Burden Economic Burden Mortality

DIABETES STATE BURDEN TOOLKIT

Use this tool to report the health, economic, and mortality burden of diabetes in your state. To get started, select your state from the drop down list or the map below and then choose one of the modules.

Location

National ▾

Module

HEALTH BURDEN ECONOMIC BURDEN MORTALITY

<https://nccd.cdc.gov/Toolkit/Diabetesburden/>

Other Resources for States & Partners: Diabetes Prevention Impact Toolkit



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

HOME

ABOUT THE TOOLKIT

HELP

DIABETES PREVENTION IMPACT TOOLKIT

STATE

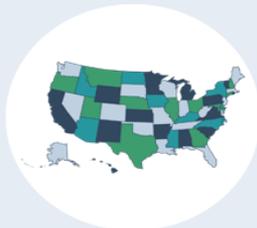
EMPLOYER

INSURER

DIABETES PREVENTION IMPACT TOOLKIT

Use this Impact Toolkit to project the health and economic effects of a National DPP or similar program on your population at risk for diabetes. For more details on the Impact Toolkit and how to use it, download the [Technical Report](#) or [User Manual](#). See the [HELP](#) page for a complete list of Impact Toolkit resources.

To get started, choose one of the modules below.



STATE



EMPLOYER



INSURER

<https://nccd.cdc.gov/Toolkit/Diabetesimpact/>

Coming Soon: National DPP Coverage Toolkit

http://dev2.codegreene.com/nationalddp/ dev2.codegreene.c... dev2.codegreene...

File Edit View Favorites Tools Help

NATIONAL ASSOCIATION OF CHRONIC DISEASE DIRECTORS
Promoting Health. Preventing Disease.

Home About National DPP Medicaid Agencies Medicaid MCOs Medicare Advantage Commercial Plans

Diabetes is a significant and growing health care concern.

Research has shown that investing in prediabetes has the ability to slow or prevent the development of type 2 diabetes, resulting in reduced costs and healthier populations. To address the growing problems of prediabetes and type 2 diabetes, the Centers for Disease Control and Prevention (CDC) has established the National Diabetes Prevention Program (National DPP), which provides the framework for type 2 diabetes prevention efforts in the U.S. In particular, the National DPP helps build the infrastructure for the delivery of the CDC-recognized lifestyle change program. This is an evidence-based program focused on helping participants make positive lifestyle changes such as eating healthier, reducing stress, and getting more physical activity.

About National DPP
Resources and information on the National DPP
[Learn More](#)

Medicaid Agencies
Resources and information for state Medicaid agencies
[Learn More](#)

Medicaid MCOs
Resources and information for Medicaid MCOs
[Learn More](#)

Medicare Advantage
Resources and information for Medicare Advantage Plans
[Learn More](#)

Commercial Plans
Resources and information for commercial health plans
[Learn More](#)

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CDC's New *PreventT2* English and Spanish Curriculum



Lifestyle Coach Training Guide

Program Overview



Guía del participante

Introducción al programa



CDC's New *PreventT2* English and Spanish Curriculum Sample Handouts

What will I do?




How can I change?




Can I make it fun?




What should I eat?




My Action Plan Journal







Consejos para alcanzar y mantener un peso saludable

Consejo 1: Establezca una meta de peso:

Hable con su médico o con su proveedor de atención médica y establezcan juntos una meta de peso. Escriba cuánto le gustaría pesar. Escriba sus razones para llegar a un peso saludable y permanecer en él:



Consejo 2: Consuma alimentos que tengan menos calorías. ¡Usted decide cómo!

Algunas personas dejan los postres para bajar de peso. Otras piensan que llevar un registro de lo que comen y cuidar el tamaño de las porciones es la clave. Algunas veces, con solo pequeños cambios se logra una gran diferencia en la pérdida de peso.

Consejos para comer alimentos con menos calorías

- ▶ **Limite los refrigerios (snacks) altos en calorías.** Cámbielos por otros que aun siendo sabrosos, tienen pocas calorías. Pruebe, por ejemplo, unas rebanadas de plátano y medio huevo duro (cocido).
- ▶ **Evite los postres altos en azúcar.** En vez de eso coma una fruta fresca o un poco de gelatina sin azúcar. O añada fruta picada al yogur natural. Y si después de pensarlo decide comer un postre alto en azúcar, intente quedarse con la porción más pequeña que pueda. Es posible que el comer solo un poco sea suficiente para usted.
- ▶ **Baje el consumo de bebidas con muchas calorías.** Si usted bebe alcohol, limite la cantidad que bebe. Tome agua en vez de sodas. Si usted bebe jugo, beba solo ½ taza de jugo 100 % de fruta. Añádale agua si desea una porción más grande.

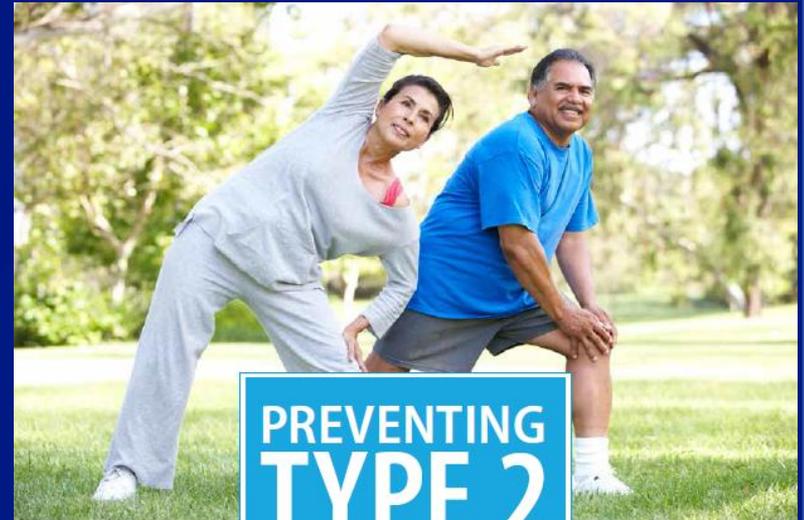






Prevent Diabetes **STAT**

- ❑ The AMA and CDC have launched a multi-year initiative as part of the National DPP to reach more Americans with prediabetes.
- ❑ www.PreventDiabetesSTAT.org
- ❑ **Healthcare Provider Toolkit**
 - Guide for healthcare providers on the best methods to screen and refer high-risk patients to CDC-recognized community based or virtual diabetes prevention programs in their communities
 - Includes a screening tool for patients (also available online) to help them determine their risk for type 2 diabetes

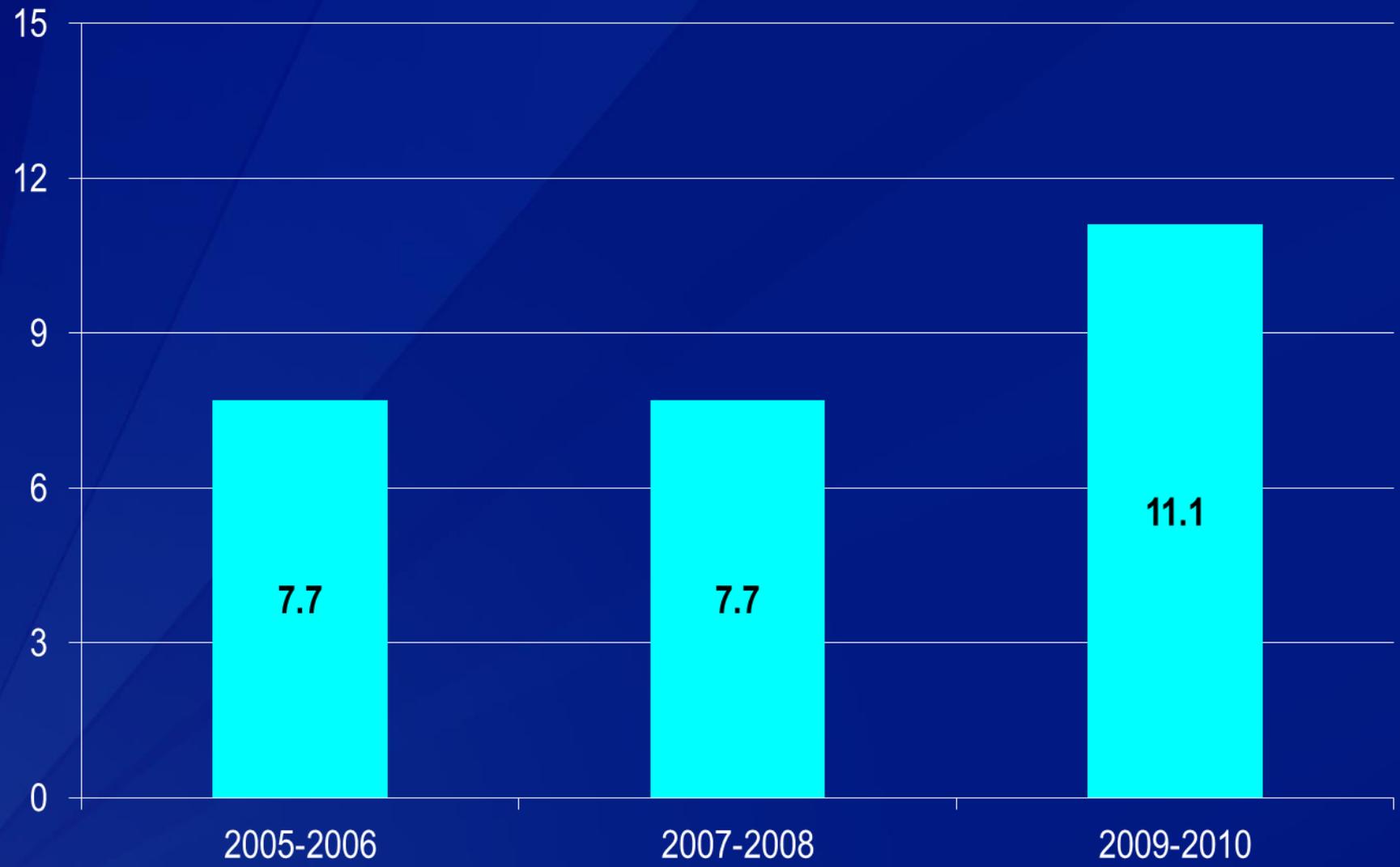


PREVENTING **TYPE 2** DIABETES

A guide to refer your patients with prediabetes
to an evidence-based diabetes prevention program



Proportion of U.S. Adults Aged > 20 with Prediabetes Who Are Aware of Their Risk Status



Award-Winning Campaign

10.19

**86 MILLION AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
GUY-STUCK-IN-TRAFFIC.**

DoIHavePrediabetes.org



**86 MILLION
AMERICANS
MAYBE EVEN YOU,
HAVE PREDIABETES.
PERSON-ABOUT-TO-
FACT-CHECK-THIS-FACT.**

DoIHavePrediabetes.org

Text **KNOW** to 97779



Message & Data Rates May Apply. Reply STOP to opt out.
No purchase necessary. Terms and Privacy: adCouncil.org/About-Us/Privacy-Policy

WEBSITE

[DoIHavePrediabetes.org](https://doihaveprediabetes.org/)

<https://doihaveprediabetes.org/>

Learn how you can reverse prediabetes and prevent type 2 diabetes.

The image displays two overlapping screenshots of the website. The top-left screenshot shows the homepage with a large teal header containing the text "SO... DO I HAVE PREDIABETES?" and a yellow "TAKE THE RISK TEST" button. Below this, a white section states "The stats don't lie—1 in 3 American adults have prediabetes." and provides a link to "WHAT'S PREDIABETES?". The bottom section is titled "REVERSE PREDIABETES" and features two columns: "Join a Diabetes Prevention Program" with a calendar icon and "Lower your risk with lifestyle tips" with an apple icon. The top-right screenshot shows a "REVERSE PREDIABETES" page with two main cards: "JOIN THE NATIONAL DIABETES PREVENTION PROGRAM" (calendar icon) and "LOWER YOUR RISK WITH LIFESTYLE TIPS" (apple icon). Below these is the "National Diabetes Prevention Program" section, which includes a description of the CDC-led program, a "Do I have prediabetes?" section with a "TAKE THE RISK TEST" button, and a "Find a program" button. The bottom-right screenshot shows the "Lifestyle Tips" section with four tabs: "MANAGE YOUR WEIGHT", "GET ACTIVE", "EAT HEALTHIER", and "QUIT SMOKING". The "MANAGE YOUR WEIGHT" tab is selected, showing three tips with checkmark icons: losing 5-7% of body weight, staying at a healthy weight, and setting realistic goals.

Home Risk Test Reverse Prediabetes FAQ En

SO... DO I HAVE PREDIABETES?

TAKE THE RISK TEST

PRINT A COPY FOR LATER →

The stats don't lie—1 in 3 American adults have prediabetes.

Because, let's face it...we're all busy, and we don't always make the best decisions when it comes to eating right and exercising. But don't fret, prediabetes is reversible. So why not go ahead and find out your status by taking a super-easy test? You won't regret it. And it could just save your life.

WHAT'S PREDIABETES? +

REVERSE PREDIABETES

Join a Diabetes Prevention Program

Lower your risk with lifestyle tips

REVERSE PREDIABETES

National Diabetes Prevention Program

The CDC-led National Diabetes Prevention Program is an evidence-based lifestyle change program for preventing type-2 diabetes. The year-long program helps at-risk individuals make real lifestyle changes like making better food choices, incorporating physical activity into their daily lives, and improving problem-solving and coping skills. Participants meet with a trained lifestyle coach and a small group of people who are also making changes toward prevention. Sessions are weekly for 6 months and then monthly for 6 months. This proven program can help people with prediabetes and/or at risk for type 2 diabetes make achievable and realistic lifestyle changes and cut their risk of developing type 2 diabetes by 58 percent. You can do it too.

There are hundreds of organizations that offer the program nationally. Use our program locator to the right to find a program near you.

But would I qualify for the National Diabetes Prevention Program?

Your doctor can tell you if you qualify, but in some cases you might require a referral. Qualifications are generally based on your body mass index (that's determined by your height and weight), your blood glucose (sugar) levels, and your age (must be over 18).

But how do I join the National Diabetes Prevention Program?

You can join a program if you have a blood test showing that you have prediabetes, or if you have a history of gestational diabetes (meaning you developed diabetes when you were pregnant.) Talk to your doctor if you're in need of more information about your eligibility.

Do I have prediabetes?

TAKE THE RISK TEST

Join a National Diabetes Prevention Program

Find a program

Lifestyle Tips

MANAGE YOUR WEIGHT GET ACTIVE EAT HEALTHIER QUIT SMOKING

✓ Losing just 5-7 percent of your body weight can slow or even reverse prediabetes. For a person who weighs 200 pounds, that's only 10-15 pounds. Pretty do-able for most.

✓ Staying at this healthy weight in the long run is very important to prevent or delay type 2 diabetes. Being more active and eating healthier are great ways to help manage your weight.

✓ The key to boosting your chances for success is to make a realistic plan, and set realistic goals. Maybe start with one change in your diet and one new type of activity. Remember to take it one step at a time and stay patient. Permanent weight loss won't happen overnight. [Click here](#) for a guide to help you.

[Click here](#) for more tips on managing your weight.

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